



STOP violence against women

The Body Shop Canada is celebrating 10 years of campaigning against violence.

News 10

Monday, March 15, 2004

Spoke

Congestoga College, Kitchener

36th Year — No. 10

Residence fires Adviser of the Year

By CARLA KOWALYK

The Resident Adviser of the Year award is given to the resident adviser who does the best job day in and day out. It is voted on by fellow advisers at Conestoga's Residence and Conference Centre, and comes with a \$100 cheque.

Debbie Brock, a special studies student at the college and a resident adviser (RA) of two years, was this year's original recipient. And then she was fired.

On the morning of Feb. 19, at around 9:22, a room in residence was entered using a master key which only employees of residence have access to. An undisclosed amount of money was stolen and, according to Brock, residence says they have it all on tape.

"They said they have a video showing a bigger guy wearing a dark jacket with a hood on it entering the room," she said.

"I was told that it would be in my best interest and everyone else's if I did not associate with any of the others RAs."

*Debbie Brock,
fired resident adviser*

Residence told Brock they thought it was her boyfriend, who didn't live in the building but often visited her and his friends there.

On Feb. 20, Brock had a meeting with John Kobylnik, the residence's general manager, regarding the situation. She said he told her there was a possibility she could be fired, evicted and expelled from the school. Kobylnik declined to comment on the issue, saying that he would not discuss any specific incident.

On March 1, Brock was given a termination of employment paper.

She was not kicked out of residence, but had her RA duties and her award taken away from her.

"I was also told that it would be in my best interest and everyone else's if I did not associate with any of the others RAs," Brock said.

Brock's boyfriend, who didn't want to be named, signed a statement saying that he had found the key on his own at the front desk one night and, as a joke, tried it in someone's door discovering that it was a master key.

"I didn't know about this," Brock said. "I didn't know he had a master key and had used it on someone's

door. He signed the statement and paid the undisclosed amount of money back to the resident."

The resident was not available for comment.

As a rule, whenever something of this nature happens at residence, a report is filed at the school with security.

Security said they have knowledge of the incident but could not talk about it because it is private information.

Bally Saini, a second-year police foundations student and resident adviser, said at the usual Monday RA meetings Brock wasn't there. When the RAs asked, Saini said they were told "Debbie won't be coming back because of an undisclosed reason."

Residence has a rule that whenever residents have visitors who do not live in the building, they must check-in with front desk, leave a piece of ID and sign in under the guest they are visiting. Also, the resident must be in the building at that time and be aware of their visitor.

"At the time my boyfriend was not signed into my room," Brock said. "I wasn't even in the building, and by the rules, if I am not in the building, I cannot have someone signed into my room."

Brock pointed out that although her boyfriend had been signed into her room many times, he had lots of friends who lived in residence that he often visited.

"He was signed under someone else," she said. "He wasn't there under my name so he was not my guest."

According to Brock, the resident who had money stolen from his room is a good friend of hers and her boyfriend. "As far as the victim is concerned, he helped me move out and into my new apartment," she said. "Management at the front desk watched him help me."

Brock said she told residence the victim helped her move out and even stayed afterwards to have a drink and relax with them.

"Residence told me they would have to have a talk with the victim," she said.

Brock is still unsure as to why she was fired, since her boyfriend signed a statement with residence taking all the blame.

"Residence did tell me they thought he signed it just to cover for me but that's not true," Brock said. "I had to move out though. I couldn't live there after this."

Brock said she is considering legal action against the residence.



(Photo by Tim Murphy)

The snow returns

Students trudge through the snow once again on their way to school. For a few weeks temperatures soared into the teens. Let's hope this is the last snowfall of the year.

CSI a believer in CSA

By CARLA KOWALYK

On March 6 and 7, three Conestoga Students Inc. (CSI) members packed their bags and headed for Thunder Bay to one of four meetings held each year with the College Student Alliance (CSA).

CSI is a group that works for college students all across Ontario, lobbying on their behalf provincially and sometimes federally - this means with the premier, the minister of training, colleges and universities and even the prime minister.

According to CSI president Justin Falconer, CSA helps unite colleges and their students and lobbies on students' behalf on issues such as funding.

"We are a part of CSA because although our college is 5,700 students, it's not enough to turn heads," Falconer said.

"But with CSA and its other college members, we number 158,000 students, so they are more successful in getting the point across."

Falconer, Jessica Wismer, and Nci Ahmed, both CSI directors, all attended the conference to make sure that Conestoga's investment in the alliance was going somewhere.

"We pay \$1.89 per student," Falconer said. "We take it from

the \$90 fee per year we charge for the association fee."

Falconer says that without a doubt, the \$1.89 fee is going somewhere in the hands of the CSA.

One of the many issues CSA is fighting to change is how much funding colleges get from the provincial government.

Falconer brought up the fact that the provincial government currently funds, per college student, the same rate as a prisoner in the jail system and that CSA is trying to change this.

"CSA helps unite colleges and their students and lobbies on students' behalf on issues such as funding."

*Justin Falconer,
Conestoga Students Inc.
president*

he was proud of was that he got to show off at the meeting the fact that Conestoga had 13,065 signatures on the "Stop The Strike" petition in just two days - that is compared to Mohawk College which had 22,000 and St. Lawrence College which had 847.

The trip was paid for by CSI and was held at Confederation College in Thunder Bay, but Justin was quick to point out that it was not a vacation for the attendees.

"Going to Thunder Bay in the middle of winter is not a trip," he said.

"It was very cold as it is only two hours away from the Manitoba-Ontario border."

Each time the CSA holds a conference it is at a different members' college. In May Conestoga will host the meeting.

Because of the meeting Falconer is now satisfied with knowing that Conestoga students' money is going to a good place.

"We are very happy with the value we're getting for the \$1.89," he said. "They've grown a lot and moved in the right direction."

He said this is backed up by the CSA's growth over the past year.

"They're hiring a third staff member, where a year ago they only had one. So they are moving along and drilling the issues."

Broadcasters put out calendar

College students raise money for their banquet by flashing some flesh.

News 3

Forced into slavery: a true story

A 23-year-old man speaks out about his horrific experiences as a slave.

Feature 14

Now deep thoughts ...with Conestoga College

Random questions answered by random students

How do you pass time when you're stuck in a traffic jam?



"I listen to music."
Darrell Eailey



"We crank up the music loud and we sing along."
Sophorn Him and Faith Arroyo



"Just listen to music. I'll talk to my sister if she's there."
Farya Azizi

"I get out of the car and talk to friends or other people."
Justin Marteleira



"I listen to music and smoke."
Kevin Barnes



"I tend to honk and get frustrated."
Branislav Radovanovic

Smile Conestoga, you could be our next respondent!

Two bachelor programs receive \$100,000 from Kitchener's Dare family

By JAMES CLARK

Two bachelor of applied technology programs have received a donation of \$100,000 from the Dare family of Kitchener to be used for program development and the purchase of new equipment.

The decision to donate the money to the architecture project and facility management program and the advanced manufacturing technologies wood and composite products program was made before the new year by the Dare family and officials at Conestoga.

Brian Dare, co-chair of Dare Foods Ltd., says the money was donated to Conestoga because, "We have been very impressed with Conestoga's programs and, particularly, we have great confidence in the president, John Tibbits," said Dare.

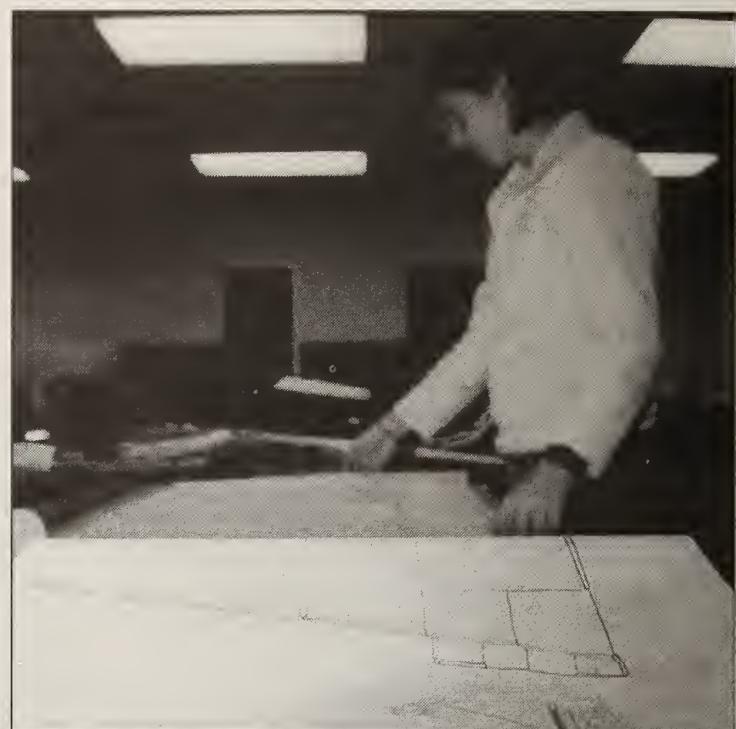
The Dare family has contributed to community initiatives such as health care and the arts along with past donations to Conestoga College.

Both programs were supposed to begin in the fall of 2003, but because of a low number of applicants only the applied architecture program is running. There are currently 14 students enrolled in the course. Faculty is working hard to get the advanced manufacturing technologies program running by the fall of 2004.

Jal Wadia, the director of strategic projects at Conestoga, says the number of applicants was down last year because students in high school don't often think of a job in the manufacturing field.

"There are a lot of high paying jobs in the industry but high school students don't see it as very sexy," Wadia said.

Both the architecture program and the advanced manufacturing



(Photo by James Clark)

Kacey Logel, a first-year architecture project and facility management student, works on designing an addition to a school in Cambridge. The architecture program along with the advanced manufacturing technologies wood and composite products program received an \$100,000 donation from the Dare family of Kitchener.

Interviews were held during Explore Conestoga for prospective students to meet teachers and get a further understanding of the two programs. Wadia said the interviews also help the teachers decide who is admitted into the program. He said 95 students are competing for 30 places in the applied architecture program. The manufacturing technologies program also has room for 30 students.

technologies program are four years, and each includes mandatory co-op terms. They focus on business development, management skills and liberal studies. The applied architecture program focuses on designing and construction. Students entering the advanced manufacturing technologies program will study advanced physical properties of materials and use advanced computer programs to design, build and test projects.

Free money for struggling students

By DESIREE FINHERT

Forget Kool FM's Instant Teller contest with its measly \$200,000 up for grabs. Conestoga College students can vie for more than \$500,000.

The Millennium Excellence Award, the As Prime Minister Award and the Keith Pritchard Award are now receiving applications.

The As Prime Minister Award's top national prize is \$70,000 and will be based on an essay of the most innovative ideas and solutions for Canada's future.

"If you were the Prime Minister of Canada, what political vision would you offer to improve our living standards and ensure a secure and prosperous global community?" is the award's main objective.

The As Prime Minister Award is a national competition open to full-time undergraduate or graduate students from colleges and universities.

Essays must be submitted by June 4, 2004 and the semi-finalists will be published. More than 500 students across Canada entered the contest in 2003.

There will be 50 semi-finalists and 10 finalists chosen by the Magna for Canada Scholarship Fund.

Magna plans to award more than \$500,000 plus prizes and internships at Magna International Inc., which supplies Canada with automotive systems and components. The winning essays will be published.

Contact www.asprime minister.com or 1-866-AS-THE-PM for more details.

The Millennium Excellence Award is offering between \$4,000 and \$10,000 to students who want to make the world a better place.

The national award is open to students in their first year of a diploma or certificate program, or second year of a bachelor degree program. The award is geared

towards students with excellent academic standing and a record of leadership skills and community service.

Two copies of the online application, with a letter of recommendation, must be submitted by June 7, 2004.

Contact awardforexcellence.ca or the college awards office in the student/client services building for more information.

The Keith Pritchard Award is given annually to two students in their second or third year of the electronics and engineering technology program at Conestoga.

The bursary is financed by a trust fund set up in memory of a former graduate. The amount varies each year for the award that recognizes leadership, creativity, good academic standing and financial need.

An application is available in the awards office. The evaluation process may also include an interview. Applications are due by March 31.

The sexier side of broadcasting



Conestoga students create their own calendar to show that school isn't all about exams and studying

By BLAKE GALL

Move over Sports Illustrated, watch out Chippendales, there's a new calendar on the shelves with the hottest models Conestoga College has to offer.

What started as a sarcastic conversation between two students soon became the master plan to raise money for the annual broadcasting awards banquet.

Mike Cameron, a first-year broadcasting student has been the brain child of this unusual project.

"I was talking about it with a classmate and we realized students in our class are really attractive," Cameron said.

From there the ball just seemed to roll with ease. Cameron decided to give it a chance and make the first broadcasting student-produced calendar in Conestoga history.

"We wanted to convey the many faces of broadcasters," Cameron said.

"The calendar shows the hard-working side along with the fun we all have and the beauty."

Before shooting could begin for the calendar Cameron was required to propose the idea to broadcasting co-ordinator Mike Thurnell.

"I thought the calendar was great in terms of showing initiative to do something like this," Thurnell said.

However, the college was to be in no way affiliated with the calendar.

Thurnell explained that this project is independent of the college and completely created by the students.

Cameron called the process somewhat of an uphill battle at times to assure faculty this would be tasteful and safety would be ensured.

Students in the broadcasting program were told about the calendar and anyone wanting to participate was asked to sign up.

After two weeks only six men and two women put their names on the sheet. The calendar idea was looking like a dismal project.

Slowly but surely others began signing up. As they heard about friends getting involved they decided to give it a shot themselves.

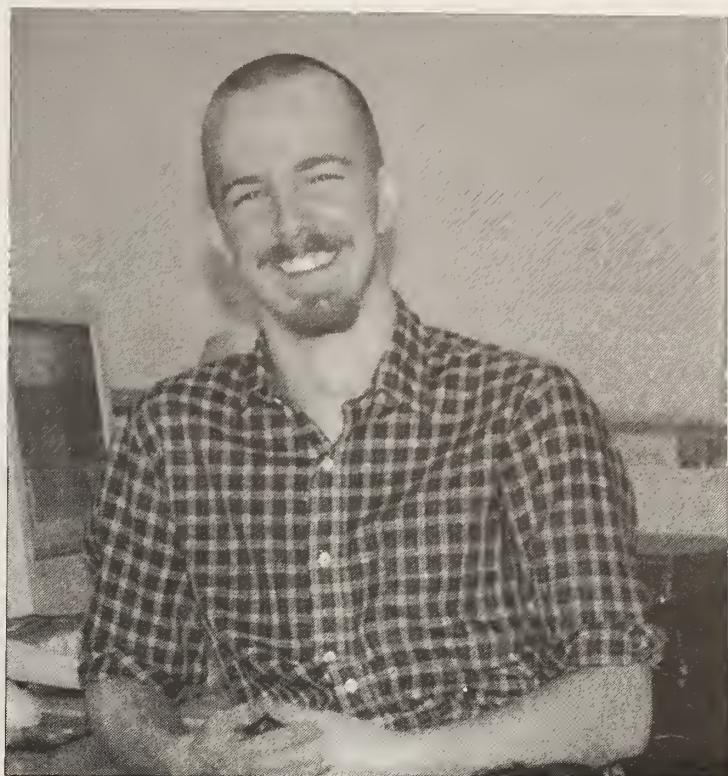
Eventually 25 men and 16 women had agreed to model for the calendar. The guys ranged equally between the three years of the program while the majority of the female models were first- and second-year students.

With the help of Darcy Holden, a friend hoping to study broadcasting at Conestoga next year, Cameron began the photo shoots.

After one month of photographs and 20 to 40 rolls of film, Cameron wrapped up the photography process.

"I never realized how difficult it is to take good quality photos," Cameron said.

He also pointed out that modeling is not all fun and games. Some



(Contributed Photos)

First-year broadcasting student Mike Cameron thought the calendar would be a unique way to raise money for the program while showing off the beauty of his fellow students.

models were stuck in one pose for a little longer than most people would find comfortable.

But Cameron was quick to say that the experience was good fun and he had a blast doing it.

After the photos were all taken it was time to send them off for printing before selecting which pictures would make the cut. Next came the editing of the calendar done by Holden. Finally, the calendar was ready for printing. Cameron put up most of the \$600 needed to get the first calendars printed while some were pre-ordered.

The calendar can be purchased through broadcasting students here

on campus. But if what you're looking for is an autographed copy, then stop by the Sanctuary March 22, 24 or 26 where the models will be signing their photos. The calendars only cost \$12.50 and all the money is being used to make a film for the broadcasting awards banquet at the end of the semester.

"This is something students will be able to look back on in 20 years and be proud of," Thurnell said.

"The best thing that came out of all of this was learning that if you have the drive you can do anything," Cameron said.

"I'd like to thank God and my parents."



Calendars are being sold for \$12.50 each. Models will be signing autographs in the Sanctuary March 22, 24, and 26. All the models are broadcasting students who volunteered to help raise money for the annual broadcasting awards banquet.

Practice what you preach

Everyone has a different idea of what marriage should be, so how can anyone possibly know whose perspective is the right one.

Some people say it must be a man and a woman, while others say it is a union between two committed people who love each other.

Tim Ryan, a Catholic priest from Toronto, said in a March 8 issue of the Toronto Star, "All abstract theoretical arguments aside, I genuinely cannot even imagine how the legal recognition of these already existing, loving human relationships would do anything but help to strengthen and enrich our society." How can one argue with his logic?

Ryan has been suspended by the Archdiocese of Toronto for supporting same-sex marriages. He submitted a personal statement to the Supreme Court last July supporting the proposed legislation to broaden marriage rights to same-sex couples. Ryan is now no longer allowed to celebrate mass in public or in a church.

In a world filled with war and hatred, people who are in love are being prevented from making a commitment and proclaiming their love in front of their family and friends. How does this make the world a better place?

"God is always calling us out of our comfort zones." These are the words of V. Gene Robinson, the first openly gay bishop in the worldwide Anglican community, in an Associated Press article March 8.

Robinson's installation ceremony took place on March 7, and he is the new leader of the diocese of New Hampshire. However, there are many conservative Anglican dioceses and parishes that oppose his lifestyle.

Church is supposed to be somewhere people can go to find love and acceptance. However, churches are alienating people because they want to be married and happy but, in the eyes of a particular religion, they aren't going about it the right way.

It seems odd that the government is being more open-minded, as far as marrying same-sex couples, than churches where you are supposed to be loved unconditionally for who you are.

Some government leaders aren't as tolerant as others though. United States President George W. Bush has endorsed a constitutional amendment banning gay marriages. "Our nation must defend the sanctity of marriage," Bush said in his State of the Union address Jan. 20.

However, many courts in British Columbia and here in Ontario disagree with Bush's sentiments. These courts have judged the definition of marriage in the Charter of Rights and Freedoms, which had an opposite sex requirement, as being unconstitutional. The unbiased views of Canadian courts have given numerous American couples the opportunity to come here and wed.

Bush needs to realize the limits of his power and that if people want to be married, there isn't much he can do to stand in their way, since they have the option of being married in Canada.

It seems like some governments and some churches just want everyone to be the same. But people should stop and think what kind of world this would be if everyone was the same.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr., Room 4B14, Kitchener, Ont., N2G 4M4



St. Patty's Day excitement

I cock my plastic green hat a little to the right, straighten my "Kiss Me I'm Irish" button and grab my pot of gold, and I'm ready to go. My name is Carrie Hoto and I'm German.

But for one day a year I'm Irish. That day, of course, is St. Patrick's Day. And as we all know, everyone is Irish on St. Patty's Day.

Bars are swarming with every nationality, but on March 17 there seems to be one dominant nationality - Irish. Even though less than 10 per cent of the population in Kitchener is truly Irish, there are many posers, like myself.

I never used to understand the hype surrounding St. Patrick's Day, until three years ago. An Irish friend of mine introduced me to Molly Bloom's. So, on that sunny afternoon, a small group of us headed out to celebrate her heritage. The sheer atmosphere was exhausting. They had dancers doing Irish jigs, bands singing old Irish tunes and, naturally, a lot of green beer. Being bold, I tried Guinness, complete with the



Carrie Hoto

Opinion

shamrock drawn in the head. I could barely ingest the thick stout. After almost finishing one pint, I moved on to a more familiar drink, green beer. After a few more pints we moved to the dance floor, singing and dancing to Spirit of the West.

The bar was packed tighter than a can of sardines. People were lined up three rows deep. But there were no problems, no bar brawls, no yelling, everyone was just having a good time. By the end of the night, the all-day event had taken its toll on me. I was completely drained. So, with some new friends and some old friends, we departed for the evening. However, we weren't done. For the entire 20-minute drive home we serenaded our cab driver ... I'm sure he was glad to

see the evening come to end.

This year I'm planning on the same merriment. We will rush home from school, throw on some festive apparel and head to the bar to take part in all the festivities.

Because I'm not Irish, my friends will educate me on the history of St. Patrick's Day and we will all raise a glass to the patron saint of Ireland, St. Patrick.

And, I would have to say the best part of the day is being with friends. Just hanging out and catching up on old times.

It is one of the least commercialized traditions. It's not like Christmas, with all of the presents, or Valentine's Day, with all of the lovers, or Easter, with all of the chocolate. It's just about celebrating Irish history and traditions and having an uber good time.

Many of us will be in the same boat the next day, heading back to school with swollen heads and sore stomachs. And, it will take a year before the thought of green beer stops making us cringe - just in time for St. Patrick's Day 2005.

Spoke

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Bookstore spring cleans into March

By DESIREE FINHERT

Conestoga College's Doon bookstore is spring cleaning and preparing for a March fair.

The store is now returning its unsold textbooks, organizing a book fair and taking orders for medical uniforms.

Unsold books for the full-time January programs are being sent back to publishers throughout March.

The purge is necessary for the bookstore's year-end inventory on March 31. The bookstore will be closed on that day.

Bookstore supervisor Mary Andraza said the store tries to reduce stock levels and inventory to create more shelving space for the spring programs' textbooks.

"Not every book is going to be off the shelf on March 4," said Andraza. "But there is a chance that if you come in after the fourth, you may not find your textbook here."

However, not all programs will have their books returned to the publishers.

Early childhood education students have been on placements and nursing students did not start until Feb. 2. The books for these programs will have an extended shelf life.

New textbooks that may be ordered for the fall semester can be previewed by students and faculty

at the book fair on March 22.

The street-level, E-wing corridor will lend its space to 15 publishers showcasing possible books.

Andraza said the fair is a good place for faculty to network with publishers.



"If they are thinking of changing the textbook they can meet with the publishers, see what is available and look at a copy."

Some of the publishers attending include CCI Learning Solutions, EMC Paradigm Publishing and Bar Charts.

CCI Learning Solutions specializes in computer training material and has adopted a line of certified business professional programs (CBP).

Their eastern account executive Sarah Cook will be attending the fair to showcase the CBP program, which she describes as a program that validates and develops business professionals.

EMC Paradigm specializes in computer, keyboarding, networking, web development and allied health products.

EMC Paradigm's account manager Jennifer MacDougall said her company's products are education-

al performance-based products fully supported with instructor materials.

Bar Charts features laminated quick reference study guides from anatomy to zoology.

Clem Bello, Bar Charts' Canadian sales representative, is planning to bring approximately 120 different titles to the book fair including books on math, anatomy, computer science and languages.

This will be the second year that the bookstore has organized the fair. It was previously run by the library.

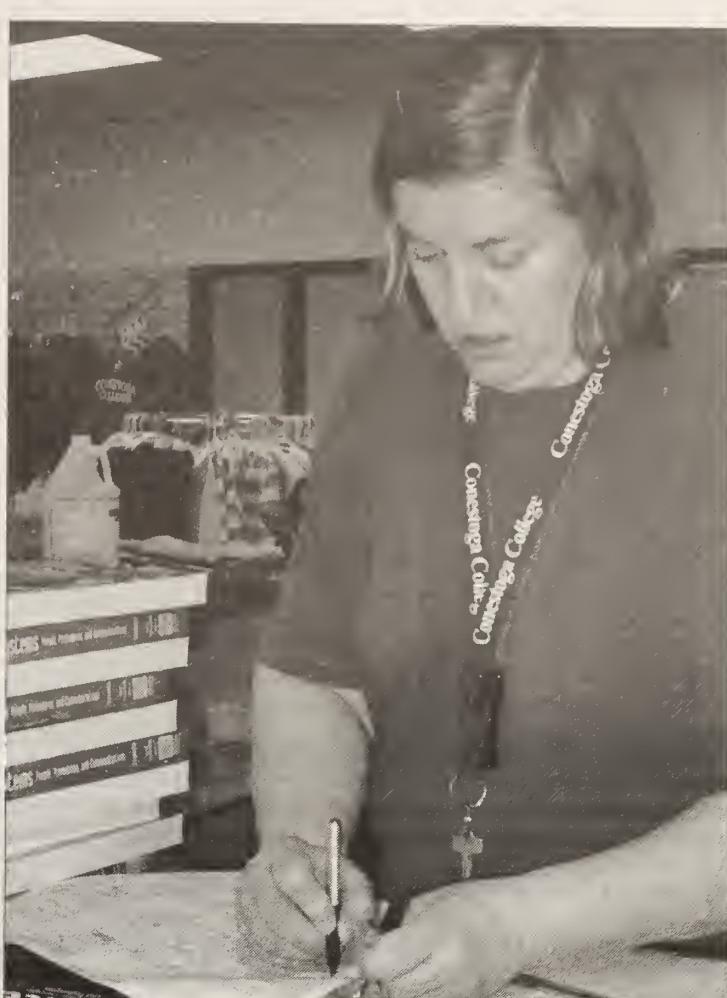
After the two-day scrub sale outside the bookstore in January, a deal with VTR Uniforms, in Cambridge was made to sell medical uniforms all year.

Bookstore clerk Tannis Gayler said VTR was highly recommended.

"We had such a great response to the scrub days that we thought we would carry scrubs all the time."

A sample stock of sizes, colours and patterns will be kept on a clothing rack for students to peruse and purchase for \$30 a set. Students can order from the sample stock provided and their purchase will be delivered specially.

The bookstore hopes the on-campus uniforms will be more convenient to purchase for nursing and paramedic students.



(Photo by Desiree Finhert)

Conestoga College's Doon bookstore clerk Jarka Kolar returns unsold books to publishers.

FREE FOOD!

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March 18th
In Front of Door #3
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CAMP WAYNE FOR GIRLS

Children's sleep-away camp, Northeast Pennsylvania, June 18 — August 15, 2004. If you love children and want to have a GREAT summer we need female staff as Directors and Instructors for: Tennis, Swimming, (W.S.I. preferred) Golf, Gymnastics, Cheerleading, Drama, Camping/Nature, High and Low Ropes, Team Sports, Waterskiing, Sailing, Ceramics, Silkscreen, Printmaking, Batik, Jewelery, Calligraphy, Photography, Sculpture, Guitar, Aerobics, Self-defense, Video, piano. Other positions: Administrative/Driver, Nurses (RN's and nursing students). On campus interviews March 20. Call 1-800-279-3019 or apply online at www.campwayneforgirls.com.

SUMMER EMPLOYMENT

Erbsville Kartway, Waterloo requires people for its Pit Crew, Grounds maintenance and Concession Stand starting weekends, Easter Weekend and full time during the summer months. The season ends Thanksgiving Weekend. For more information call: 884-5650.

Lack of quiet space an issue

By DESIREE FINHERT

The Learning Resource Centre responded to a need for more quiet study area by posting new signage in the documents section of the library over the weekend.

A lack of quiet study space in the LRC was raised at a College Council meeting in February, and again on March 8.

"They are using the resources and I think we should capitalize on that."

*Catherine Wilkins,
director for the LRC*

Construction to expand the LRC was completed over the summer resulting in a 5,600-square-foot expansion, which cost Conestoga College approximately \$1 million.

There are currently two quiet study rooms with 21 private carrels, three seminar rooms and the Dooner's room, which is available after hours.

However, the additional space has brought increased noise levels.

Director for the LRC Catherine Wilkins said the new area seats 200 students and the noise builds.

"They are using the resources and I think we should capitalize on that," said Wilkins.



Tibbitts
College president John Tibbitts suggested that the tables in the blue room, next to the main cafeteria, were excellent for students doing group work.

"The students would like to build their own student centre," said Tibbitts, suggesting that the library services might extend into that building.

LRC representative Laura Riso said the students are using the periodicals, references and reserved material which cannot be taken out of the library.

Wilkins said students are also using staff, media services and books, which makes the blue room impractical.

FACT BOX

The 5,600-square-foot LRC can get pretty loud, but there are places to find relief. These include:

- Two quiet study rooms
- 21 private carrels
- Three seminar rooms

Student Services

WHERE DOES THE TIME GO?

Sometimes it seems like there aren't enough hours in the week to get everything done. That may be true or it may be that you're not using your time as efficiently as possible. To assess where your time goes, complete the inventory below, and be honest. Most of the items are done every day so those will need to be multiplied by 7 to arrive at a weekly total. One item may be done any number of times a week so you'll need to multiply that one by the number of times each week you do it. After you have responded to all the questions, you'll have an opportunity to see how many hours remain during the week for studying.

Number of hours/day	Multiply	Number of days/week	Number of hours/week
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On average, how many hours do you sleep in a 24-hour period, including naps?

<input type="text"/>	X	<input type="text"/> 7 = <input type="text"/>
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On average, how many hours a day do you engage in grooming activities?

<input type="text"/>	X	<input type="text"/> 7 = <input type="text"/>
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On average, how many hours a day do you spend on meals, including preparation and clean-up?

<input type="text"/>	X	<input type="text"/> 7 = <input type="text"/>
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How much time do you spend commuting to and from campus and how many times do you do this a week? Include the amount of time it takes to park and walk from the parking lot.

<input type="text"/>	X	<input type="text"/> 7 = <input type="text"/>
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On average, how many hours a day do you spend doing errands?

<input type="text"/>	X	<input type="text"/> 7 = <input type="text"/>
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On average, how many hours do you spend each week doing extra-curricular activities (working out, groups, clubs etc.)?

<input type="text"/>

<input type="text"/>

On average, how many hours a week do you work at a job?

<input type="text"/>

How many hours do you spend in class each week?

<input type="text"/>

On average, how many hours a week do you spend with friends, going out, watching TV, going to parties, etc.?

<input type="text"/>

ADD the number of hours per week column to compute the number of hours you are spending each week engaged in daily living and school activities.

ADD

<input type="text"/>

SUBTRACT 168

<input type="text"/>

There are 168 hours in a week. Now you can SUBTRACT 168 to find out how many hours remain for studying, since this is not one of the activities listed above.

Woodworking students impress judges with spirit

By MICHELLE TAYLOR

A team of four Conestoga College woodworking students recently won the Spirit award at the first annual Canadian Wood Council Engineering Competition.

The competition was held on Feb. 15 at Carleton University in Ottawa.

The Spirit award is awarded to students who show the most enthusiasm during the competition. The first-year students, Bruce Durward, Craig Laaksonen, Greg Saunders and Pat McIntosh, had to design and build a catapult and then compete in various events.

One of the events was a distance test. This involved launching a ball as far as possible. The students placed third in this event with a distance of 31 metres. They also placed third in the power competition. This involved launching a seven-pound ball and then comparing the power to weight ratio of their catapult.

Durward, Saunders, McIntosh

and Laaksonen all felt they weren't prepared for the presentation part of the competition. "We only had pictures of the catapult while it was being built," said Saunders. "Most of the other students had PowerPoint presentations."

All four students also said they were intimidated by the other students' designs.

"When you first walk in you think wow, we don't have a chance at all," said Durward.

Their catapult took the students a month to build. They were building it right up to the day of the competition. "The last two weeks were crazy," said Laaksonen. "We finished some details at the competition."

Despite being intimidated, the woodworking team felt it was a great experience. "It was a great eye-opener to the technology available to students," said McIntosh, who suggested to his teammates that they enter the competition. "It was great to see what other colleges could do."

The four students were also surprised they were the only first-year students there. "The students from the other colleges were mainly continuing education students and they were older," said Saunders. McIntosh said they were also surprised by how many students were sponsored by their schools, while their team was student run.

Conestoga's woodworking students were the only woodworking students at the competition. The rest were all engineering students from 10 universities and colleges across Ontario, British Columbia and Quebec.

Mark Brahmer, program co-ordinator of woodworking for the college, said all the students' meals, hotel and travel was taken care of by the Wood Council.

"I have to give credit to the four woodworking students who had to build it here and adjust it before they went to the competition," said Brahmer. "Visitors at the competition were very impressed by their catapult."



(Photo by Jeff Heuchert)

Third-year student Moe Visram wishes he could get his dinner a little later on Friday nights at the Doon campus cafeteria. Harvey's is only open until 2 p.m.

Conestoga students left without a late night eatery

By JEFF HEUCHERT

Many of Conestoga's architecture-construction engineering technology students are not happy with the hours of the school's cafeterias.

Due to the nature of their program, many of the students have to stay late on Fridays to work on the computers.

These students would like to be able to get something to eat when they stay.

Third-year student Moe Visram says it's a hassle to have to leave the school just to get something to eat.

"We stay late on a Friday night, but then we have to waste a half-hour to 45 minutes just to buy some food," he said.

Visram says he would prefer Harvey's to stay open so he could get something for supper.

Food service director for the school John Kast says the cafeteria

doesn't get enough business during the afternoons as it is, let alone a Friday night. He says it is not feasible to stay open later on Fridays with the amount of money they would be taking in.

"It's all boils down to supply and demand," Kast says. He adds that students still have vending machine services available.

Another third-year student, Amanda Baulk, says she would prefer if Tim Hortons stayed open later, but thinks the main cafeteria should as well to satisfy everyone.

Currently the main cafeteria stays open until 2:30 p.m. on Fridays, but Harvey's is only open until 2 p.m. Tim Hortons stays open until 4 p.m. and Dooners and the E-Wing cafeteria until 2:30 p.m.

Kast says decisions, such as the cafeteria's hours, were all made with consultation with physical resources.



(Photo by Michelle Taylor)

Pat McIntosh (left to right), Bruce Durward, Craig Laaksonen and Greg Saunders show off the arm of the catapult they built in just one month. The four woodworking students recently won the Spirit award at the Canadian Wood Council Engineering Competition.

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The nomination packages for the Conestoga Students Inc. Board of Directors will be available in the CSI office.

The nomination period will begin March 15th and end March 22nd at noon.

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Is humanity doomed?

By HALLEY MCPOLIN

Have you ever felt as though you've been born into an inherently defective body? Have you ever wondered why so many people suffer from chronic back and joint problems or have issues with vision at early ages? According to one theory, there is a logical and somewhat troubling reason behind all of this.

According to this theory, which has been circulating for several years, the reason behind humanity's physical faults lie in our lack of evolution over an extended period of time. Loosely translated, the theory states that, because of the lack of natural selection in our modern society, our species has lost its ability to filter out "bad" genes.

There are several different definitions of evolution, including the idea of natural selection. In the wild, this comes into play when the weaker or less developed animals die before they are able to reproduce. This allows only the strongest genes to be passed along to future generations, thus building a stronger gene pool.

This process occurs less and less in our society because we have built a strong civilization around us, enabling the weak to survive and pass what can be considered "defective" genes along. As a result, even as our intelligence expands, the human race is becoming physically weaker with time rather than stronger — not a very efficient method of ensuring our future existence. What would happen if, for example, a catastrophic natural disaster were to wipe out the advanced civilization we have grown so dependent on? Could we survive long enough to rebuild our society? Or would our physical weaknesses be our downfall?

Although all hypothetical, many scientists and researchers believe we would survive in the same manner we have all along: using our brains. The reason we have such advanced intelligence is to compensate for our lack of physical strength, speed, natural defences and other physical features that separate us from the animal kingdom.

In fact, there are many species

that lack in certain respects that are similar to humans but have managed to survive throughout time. Birds have weak skeletons, sloths have slow reaction time and seals can be considered morbidly obese — but all these features serve them in one way or another.

Dr. Kirsten Mullar is an evolutionary biologist and teaches a fourth year course in evolution at the University of Waterloo. She believes the theory in question is flawed for several different reasons.

"Natural selection is still acting on humans," Mullar says. "AIDS and SARS are just two such examples. Now medical science in developed countries plays a large role in treating individuals who may not have otherwise survived, but this has really only been happening in the last 50 to 100 years or so — we are looking at only two or three generations of humans. In order for flawed genes, meaning recessive alleles that are rare to accumulate in the human population, it would take hundreds of generations ... meaning over 3,000 or more years."

Mullar asserts we have not had nearly enough time to be affected by these circumstances, and any suggestion of de-evolution would be a contradiction in of itself.

"It is essential to remember that evolution occurs over many generations, not just two or three," Mullar maintains. "You also need to take into account the frequency of genes (alleles) in a population. In addition, humans carry a load of five per cent recessive alleles which, although not that high, is due to an event tens of thousands of years ago in which a bottleneck (an evolutionary event that greatly narrows the variability in a population) occurred."

Whether we've evolved as much as we can or we're evolving all the time is something science has yet to determine. There will always be speculation about our species and the world around us, but consider this: next time you complain about a sore back or fuzzy vision, perhaps it is because you are simply another imperfect human being ... and perhaps that is exactly what you were meant to be.



(Photo by Jason Noe)

Winter returns

Wayne Miller clears his neighbour's driveway on John Street in Waterloo, on March 7. We thought winter was over after a snowless February, but it has come back in March with colder weather.



(Photo by Jason Middleton)

A real juggling act

Brantford's Doug Hunt performed at the 12th annual University of Waterloo juggling festival on March 6. The festival at UW's student centre attracted close to 80 people. Hunt holds the world's tallest stilt walker record.

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Celebrating the Power of 10

By AIMEE WILSON

The Body Shop Canada is celebrating 10 years of campaigning to STOP Violence Against Women (SVAW).

Last week, The Body Shop at Fairview Park Mall took part in the company's in-shop campaign, The Power of 10 - a decade of commitment.

To mark the tenth anniversary The Body Shop Canada chose The Power of 10 campaign theme which symbolizes 10 years of campaigning, 10 years of customers and staff members making a difference through donations and volunteering and 10 ways customers can help.

"Since 1994, our staff and customers have been persistent in helping to stop violence against women and we are honoured to have so many influential Canadians join our chorus for positive social change. Only together, can we make a difference," said Margot Franssen, president and partner of

The Body Shop Canada in a statement on the company's web site.

The campaign kicked off March 8, International Women's Day, with



the lighting of a pink pillar candle to demonstrate their ongoing dedication to put an end to violence against women. Karen Redman, Liberal MP, was in attendance to light the candle along with franchise manager BJ Agnew and assistant manager Kim Snider.

Commemorative SVAW pins were offered for a donation of \$2 from March 8 to 11 and all proceeds went to support the SVAW fund at the Canadian Women's

Foundation (CWF).

CWF has supported more than 600 projects in communities across Canada. These projects are aimed at building healthy relationships, preventing violence against women and girls, and to give women and girls skills for economic independence.

Daisy compact mirrors are on sale year-round for \$8 with 50 cents from each purchase also donated to CWF. From March 12 to 14, The Body Shop Canada hosted a Double Your Donation Weekend. All monies raised at the Kitchener Body Shop throughout the weekend were sent to Kitchener-Waterloo Sexual Assault Support Centre. The Body Shop Canada then matched the money raised and donated it to CWF. The pins will continue to be on sale until quantities last from March 15 and will support the SVAW fund as well.

Last year The Body Shop in Kitchener raised approximately \$1,200. "We're hoping to beat last year's total," said Agnew.



(Photo by Aimee Wilson)

Kim Snider, The Body Shop Kitchener assistant manager, holds up one of the commemorative pins being offered for \$2. All proceeds from the pin will go towards the STOP Violence Against Women fund at the Canadian Women's Foundation.

Ten Canadian celebrities are also showing their support. "They help lend their voice to the campaign," said Agnew. A few of those involved include: 17-year-old singing sensation Avril Lavigne, fiddler Natalie MacMaster, former Toronto Raptors player Jerome "JYD" Williams, MuchMoreMusic personality Bill Welychka and editor for Chatelaine magazine Sally Armstrong.

"Congratulations to The Body Shop. Your courageous campaign is leading the way for Canadian women and girls," said Armstrong.

Fifty-one per cent of women in Canada have experienced some form of violence. Each pin and compact mirror being offered contains the symbol of a half-daisy. The design of the half-daisy was created 1994 as the theme for the campaign because it reflected both the seriousness of the issue and the hope that a difference can be made. With only half the petals, the daisy symbolizes the 51 per cent of women who have experienced violence. It is also

indicates the game "he loves me, he loves me not."

The Body Shop Canada received letters of support from both Prime Minister Paul Martin and New Democratic Party leader Jack Layton for their committed efforts on this issue. "The Body Shop of Canada has distinguished itself for its commitment in ending this social calamity," said Martin, adding, "It is a delight to see so many groups and individuals working together towards building a safer Canada by creating stronger social foundation at the heart of Canadian communities."

According to The Body Shop Canada, violence against women costs legal, health, employment, social services and the education system more than \$4 billion a year.

"We all have a role to play in making our communities a safe place to live. Only by speaking out, working together and joining forces can we bring awareness to this issue and help put an end to the violence," said Layton.



(Photo by Aimee Wilson)

From left, BJ Agnew, The Body Shop Kitchener's franchise manager, and Kim Snider, assistant manager, promote the kickoff of the Power of 10 campaign March 8.

AIDS epidemic in South Africa not improving

By KRISTEN McMURPHY

Every day, about 600 people die from AIDS-related complications.

South Africa's death rate has increased by 50 per cent over the past six years — an alarming fact that is mainly a result of the HIV/AIDS epidemic that has been sweeping through the country.

In a recent study, researchers from South Africa's Medical Research Council examined death statistics from 1998 to 2003.

According to kaisernetwork.org, MRC statistician Ria Laubscher found an increase in the death rate

of younger South Africans.

"There is a distinct rise in deaths in the younger, sexually active age groups. It is our view that this is mainly due to AIDS," she says in her report. South Africa, a country with a population of 45 million, has the world's largest HIV population: about 5.3 million people have the virus.

The HIV/AIDS issue isn't a new problem in South Africa. It's been a growing concern for years.

There are many theories behind why the HIV population is so enormous in South Africa. Although the delay in the 1980s to address the

issue has taken the majority of the blame, an article from The Washington Post points a finger at South African culture.

"This is a culture in which male promiscuity traditionally has been admired and female subservience is expected," the Post reports.

Kaisernetwork notes that studies on the outbreak show the amount of victims with the virus will eventually reach a plateau and possibly begin to decrease. South Africa — along with the rest of the world — is becoming increasingly aware of the need to fund health care and counselling programs.



(Photo by Kristen McMurry)

South Africa's HIV/AIDS epidemic has contributed to the country's climbing death rate. The death rate has risen 50 per cent in the last six years.



(Photo by Desiree Finhert)

Kroot carnivores take cover in a plastic forest during a skirmish battle at Nexus Games Workshop, in Kitchener, Feb. 26.

At Nexus battles are won and lost

By DESIREE FINHERT

The war has begun!

Thirteen armies march through the plastic terrain, burdened with axes, swords and shoulder cannons. They gleam under the neon lights as they raise their arms with the fury of battle.

The war rages every Thursday at the Nexus Games Workshop in Kitchener, when 15 to 20 players arrive with hundreds of model soldiers. The faux-grass tables are measured and the soldiers take their attack positions on one of the battlefields.

Tonight the mission is to escape without capture.

The league sets up different scenarios for the members to play in order to gain experience for the two Rogue Trader workshops on May 15 and 16 and the league final on May 22.

Players roll the dice for their men to advance across the board. It rattles across the table to tumble on its side. Three dots are face up. The player takes out his measuring stick and repositions his players three inches across the board, giving his infantry shelter in the trees.

He takes another turn.

The dice bounces once and lands with two dots showing. This will not allow his men to fire on the enemy. They must wait another turn to attack.

The game may take 20 minutes but it can last for three hours. By the end, one army has been devastated by the luck of the dice. Soldiers lie wounded or are eliminated from the table. The other

army is victorious.

Any player with a 15-piece Warhammer 40K or Fantasy army can be a member.

Recently, the draw to the Nexus skirmish tables has been to rack-up experience points.

System support analyst Alex Petcherkine, 24, is currently one third of the way, with 164 experience points.

Petcherkine is looking forward to playing his Daemonhunters army in the tournament.

"I have no doubt that I am going to kick all of these losers' asses," said Petcherkine, in spite of his army struggling that day. Some of his "angel" unit lie wounded on the turf dotted with red gore paint. The plastic army wears astronaut-like suits, some modified with wings. It took Petcherkine three hours to paint one model in ghostly grey, shadow grey, shining gold and skull white.

To play, the plastic and pewter models must first be glued together. To compete in the tournament, armies must be fully painted.

"The game is more fun when everyone is playing with painted models," said Petcherkine.

Registration for the tournament is \$25, but \$20 is returned upon showing up. However, that's not the only expense. The price of a palm-sized model starts at \$8. Army starter kits are as much as \$300.

Petcherkine agrees that the models are expensive, but said it's all about how much you can get for your money.

"If this game entertains me for five years and I paid a thousand

bucks, I can think of nothing else that requires that little money for the time."

Opponents will compete for four prizes provided by Nexus. Trophies will go to the players with the most skirmish wins, best army appearance, best sportsmanship and best army, which is a combination of painting skill and army performance.

Nexus employee Adam Laforet, 26, loves to work in an environment with the games he enjoys playing.

"I get to paint and play as part of my job," said Laforet, as he supervises the skirmishes. Kroot carnivores leap from the rooftop of an abandoned warehouse wielding sickles. "It's not all fun and games, but I run demonstration games for customers. That is

part of my job description."

Games Workshop is the international company that creates the battle-top games and store lines. They provide novels, comics, online games, collector cards and artifacts like faux swords and T-shirts in Canada, United Kingdom, Australia, United States, Japan, Italy, Denmark, France and Spain.

Laforet said it's possible to build an international reputation if you paint or play well.

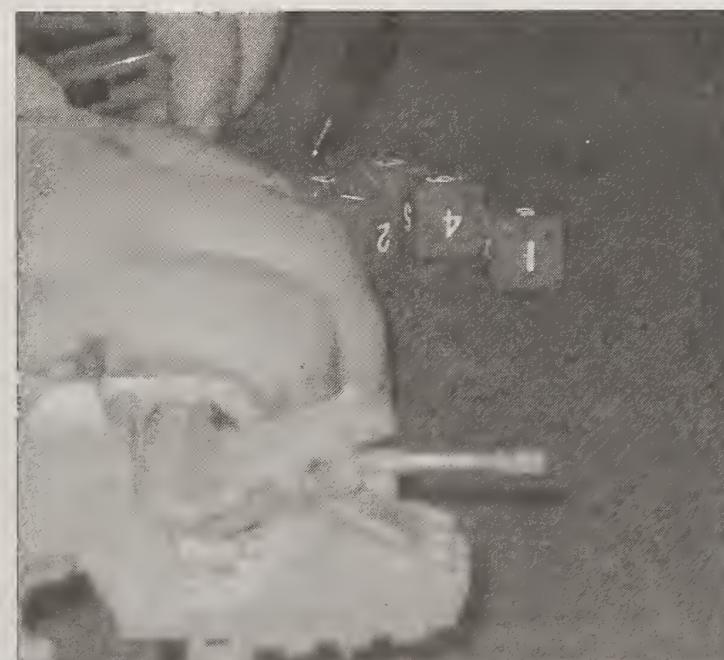
"It feels like a big hobby to be a part of," said Laforet, who has worked at Nexus since it opened in 1999. "There is always the benefit of being relatively congenial with people who have the same interest and getting together to play a game rather than staying at home playing computer games."

He said the depth of game, num-

ber of games available and workshops makes the hobby interesting.

"Games Workshop are developing all these games and providing a wealth of fiction written in the fantasy and science fiction game worlds," said Laforet, who battles with Space Marines and Vampire Counts. "There are a lot of aspects to explore, not even getting into the painting and configuring you can do with the models."

Tonight the battle has been won, but the war continues. Armies will regroup to glue swords and shoulder cannons to their bodies. Their armour will be painted in red gore and ghostly grey in preparation for the final battle.



(Photo by Desiree Finhert)

A gamer rolls the dice and ponders his next move.



(Photo by Desiree Finhert)

Nexus employee, Adam Laforet, 26, loves to work in an environment with the games he enjoys playing.

Bettas add personality to your tank

By JASON NOE

They are lively, vibrant, fascinating and sometimes aggressive.

Betta fish (short for betta splendens) have been a popular choice for pet owners for more than 100 years. Also known as the Siamese fighting fish, they originated from Asia where their habitat included rice fields, stagnant ponds, ditches and slow-flowing streams.

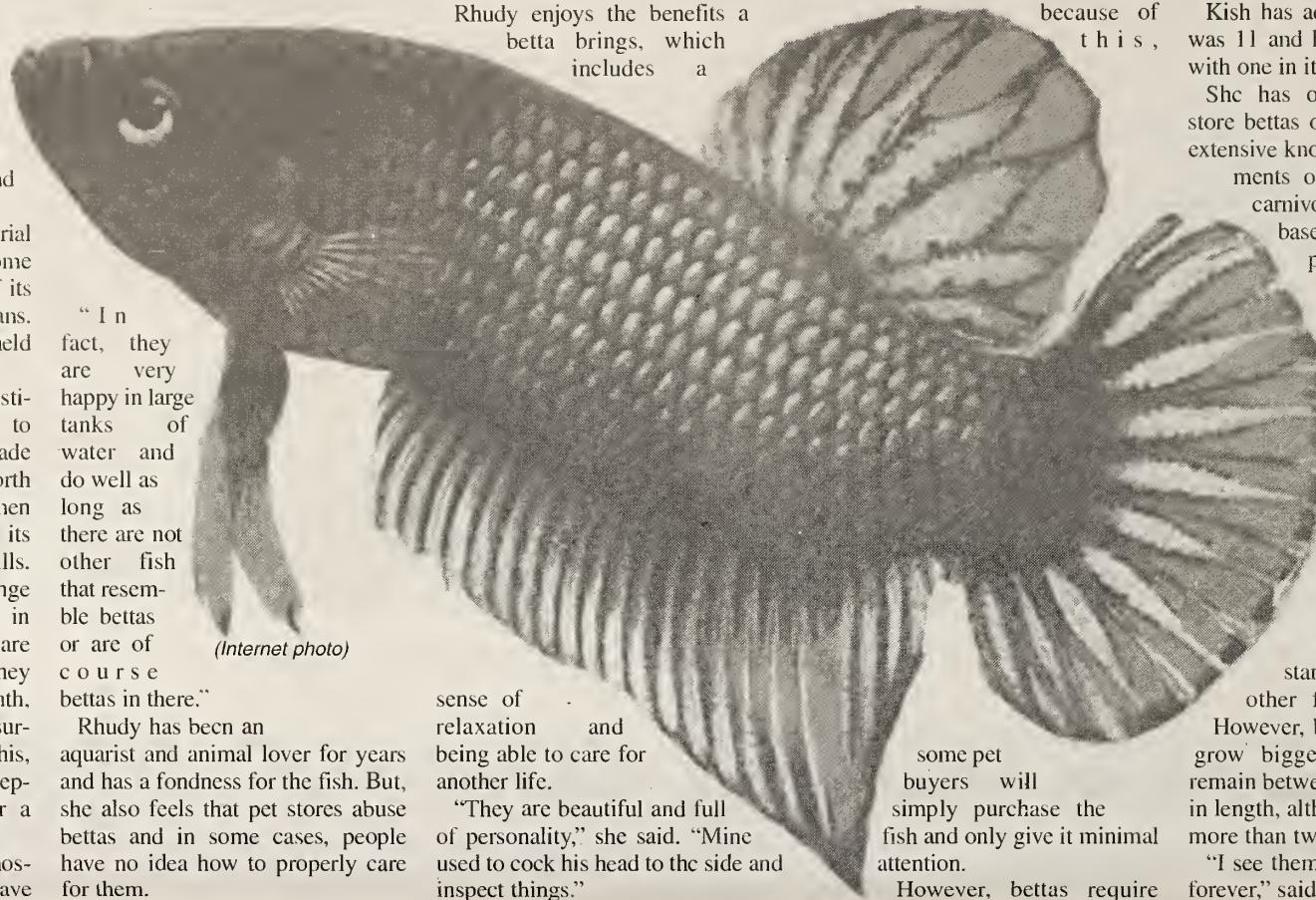
They are an extremely territorial fish and instinctively become aggressive towards the males of its species, which intrigued the Asians. Because of this, they often held fighting contests with the fish.

Eventually bettas were domesticated and slowly spread west to France in 1874 and by 1910 made their way into Europe and North America. The emphasis was then placed on breeding the fish for its beauty, rather than its fighting skills.

Today bettas enjoy a broad range of admirers and can be found in almost every pet store. They are unique from other water life, as they have an organ called a labyrinth, which allows them to breathe surface air. However, because of this, some people may have misconceptions about properly caring for a betta.

"Just because they can use atmospheric oxygen to breath if they have

to, it doesn't mean that they enjoy being in a cramped, empty and dirty container," said Robyn Rhudy, author of Robyn's Pond Book.



"In fact, they are very happy in large tanks of water and do well as long as there are not other fish that resemble bettas or are of course bettas in there."

Rhudy has been an aquarist and animal lover for years and has a fondness for the fish. But, she also feels that pet stores abuse bettas and in some cases, people have no idea how to properly care for them.

"Bettas need care like any other living thing, including food, water changes, room to grow, warmth and things to interact with such as plants," she said.

Rhudy enjoys the benefits a betta brings, which includes a

Compared to goldfish, a betta produces less waste and is able to live comfortably in smaller spaces, which also attracts aquarists to the fish. But

because of this,

just as much attention as a dog or cat and can even be trained to do tricks.

"There is a betta for every person," said aquarist Sherri Kish. "They are the most beautiful fish there is."

Kish has adored bettas since she was 11 and has always had a tank with one in it.

She has occasionally bred pet store bettas over the years and has extensive knowledge of the requirements of the fish. "They are carnivores and require meat-based food, which is a high protein diet," said Kish.

"They also require weekly tank maintenance and feedings twice per day."

Aquarists also believe there is another myth, which is that bettas will eat the roots of the lily vase plant and live healthier.

This is not true, as the fish will only eat the roots if it is near starvation and there are no other food sources around.

However, bettas are not fish that grow bigger with age as they remain between one and two inches in length, although they can live for more than two or three years.

"I see them being part of my life forever," said Kish.

Are we 'lovin' it' a little too much?

By KRISTEN McMURPHY

Upsizing your fast food meal gives you a bigger drink and more french fries, but even McDonald's has come to realize that it's also giving us larger waistlines.

That's why, in an effort to make fast food meals a little less damaging to our health, McDonald's recently announced that its American restaurants will phase out the Super Size Fries — an item that has been on the menu since 1992.

A recent statement on the McDonald's website explains that the company feels the change is necessary to deliver an "exceptional customer experience that includes a consistent and relevant menu, with a range of choices that support a balanced lifestyle."

The change is only taking place in the U.S. because Canada's Super Size fries have never been as large as the fries in the U.S.

McDonald's in Canada has recently taken anything referred

to as being "Super Sized" off the menu, changing the name to "Large."

In his book *Fast Food Nation*, Eric Schlosser explains how fast food menus have changed drastically:

"In the late 1950s, the typical soft drink order at a fast food restaurant contained about eight ounces of soda; today, a "Child" order of Coke at McDonald's is 12 ounces. A "Large" Coke is 32 ounces."

McDonald's has been making drastic changes to its menu, from February's introduction of Protein Platters — intended for people on reduced-carbohydrate diets — to a wide selection of salads and grilled chicken products.

The company is racing to keep up with society's increasing concern about health issues.

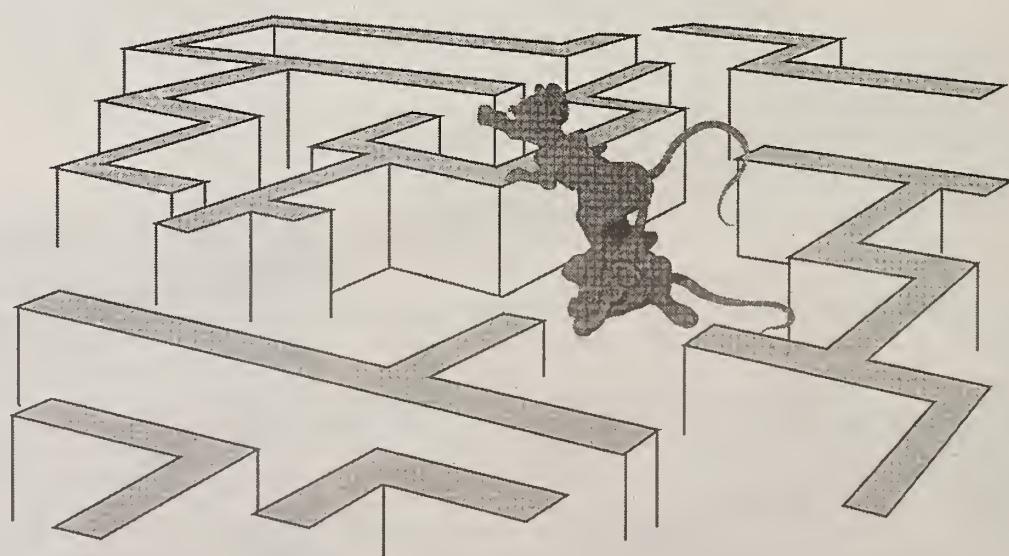
McDonald's says the Super Size soft drink will only be available through a promotional offer.



(Internet photo)

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Sandman can play tricks on the mind

Your dreams are never what they appear to be



By LESLEY LEACHMAN

The fall air is crisp and the sky begins to darken as Lissa crosses the bridge. She holds the hands of both her children as they peer over the edge. Her children giggle in delight as they watch the bright leaves twirl off nearby trees and land into the surging river below.

Suddenly, Lissa feels dizzy. She no longer knows which way is up. Helpless, she tumbles over the edge and is swept away in the angry waters. She tries to shout for help, but her throat fills with icy water. Her lungs feel as if they will burst. The bitter temperatures turn her limbs numb. Panic sets in. Just when Lissa fears the worst, she wakes up.

“Dreams can have a powerful impact on our lives.”

*Nathan Coleridge,
dream expert*

Her body is dripping in cold sweat and she's twisted between her bed sheets.

Lissa Roberts, 32, suffered from these nightmares for months. She had been having the same terrifying dream up to four times per week.

“It was horrible. I would wake up in tears, panting and I'd immediately check on my kids to make sure they were alright,” says Roberts. “I feared that my dream was some sort of premonition about the future.”

Roberts says her reoccurring nightmare felt so real and intense, it wasn't anything like she had dreamt before. It was almost as if she could really feel her body fall from the bridge and the freezing water cut off her cries for help.

In fact, the nightmare was so powerfully frightening, Roberts



(Photo by Lesley Leachman)

The average person has three to five dreams in one night. Dreaming usually occurs during REM (rapid eye movement) sleep and they are a way for the body to reboot the brain.

didn't want to sleep. This caused her so much anxiety that she decided to get her nightmare interpreted.

“I had to know what it meant. I got it so often that I was convinced it was a sign of something significant,” recalls Roberts. “It was tearing me apart.”

Roberts then found Nathan Coleridge, of Toronto, to help decipher the elements of her nightmare.

Coleridge is a psychology graduate from the University of Toronto and considers himself to be a dream expert.

She says Coleridge helped her to understand that her dreams had nothing to do with her children or with drowning.

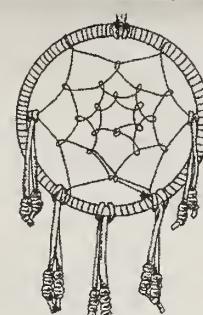
“Dreams rarely have literal images. They're usually a jumble of things that can represent events in our lives,” explains Coleridge.

And this was exactly the case for Roberts. She says the dream was a reflection of her daily life. Her children were symbolizing vulnerability and the raging water represented her feeling overwhelmed

with emotion and smothered with the difficulties in her life.

As Roberts looks back now, she realizes just how accurate this interpretation was.

“At the time I was being offered a promotion at work, but I was truly frightened that I couldn't perform it as well as the previous person and I would be fired,” she says.



Having the true meaning of the dream revealed lifted a lot of stress from Roberts. She says Coleridge also taught her ways to control her own dreams.

“Soon afterwards I never had the

dream again,” she says.

Coleridge explains that dreaming usually occurs during REM (rapid eye movement) sleep and is a way for the body to “reboot” the brain. Dreams can transfer memories to the subconscious and sort out emotions.

“Dreams can have a powerful impact on our lives. They can bring up parts of our personality that we didn't even know existed,” says Coleridge.

He says an average person can have three to five dreams in one night. During eight hours of sleep, two of those hours are spent dreaming.

However, he warns that not all dreams hold significant meaning. Usually if a dream occurs within the first two hours of sleep or if the dreamer has been exposed to external stimuli, such as movies, or if the dreamer is on any type of medication, the dream doesn't hold much value. For example, if the dreamer was watching a documentary on spiders and later dreamed

about being caught in a web, the dream holds no psychological meaning. It's just a reflection of events. But, if the dreamer has the same dream without seeing a spider that day, the spider could be a symbol of fear or guilt.

Coleridge says he's examined a variety of dreams, everything from dreams of hell to dreams about vegetables.

But one of the most common dreams he interprets is the vision of flying.



“Flying in a dream can have a variety of meanings depending on the person,” he explains. “It usually represents freedom or relief from a great stress. Or it can also be a symbol of determination and rising to the top. Another common meaning is that the dreamer desires sexual release.”

Opposites also play a large role in dreams. Coleridge says dreaming of one thing can often mean another.

“The subconscious mind doesn't deal with opposites the same way the conscious mind does. Dreaming of death can often really mean rebirth,” he explains.

“Because the two are so closely related, the subconscious mind can't separate it.”

It's because of these confusing symbols in dreams that Coleridge recommends people have their dreams interpreted. He says knowing the meaning of an unusual dream can help give people clarity and lessen their fear of nightmares.

“It's important that people realize their dreams can mean almost anything other than what has been literally dreamed about,” he says. “Everyone dreams and we shouldn't ignore them.”



(Internet photo)

Aid injured bats online

Internet donations help care for the creatures

By TIM MURPHY

Not all bats are fierce creatures of the night.

Orkin has a permanent ear injury. Annie is retired, and has tooth loss. Bently is elderly, and has a lip disfigurement.

These are just a few of the bats available through Bat World (www.batworld.org) for sponsorship.

For a \$35 (US) donation, you can help provide food and medical supplies for the bat of your choice. The website features several bats, complete with photos and information on their plight.

If you adopt a bat, you receive a certificate, a background on the bat you chose, a photograph of your bat and a background on the species.

Bat World promotes the rights of

the winged mammals and bat safe activities, and features a “Wall of Shame” of communities and businesses that are harming bats unnecessarily.

Bat World is determined to change the misconceptions surrounding bats and their lives.

One of the misconceptions they want corrected is that bats carry rabies. According to the site, less than half of one percent of bats carry the disease, and most of those die quietly without human contact.

Regardless of the low risk of rabies, humans should always be careful if they come into contact with a bat. A few tips are offered if a bat is found.

Wait until the bat has stopped moving, and approach it slowly, while wearing thick gloves. Try to place it into a solid container with no holes (as it can escape through a hole as small as $1/4$ “) and bring it outside. If the bat is in good

shape, let it fly away.

Otherwise, contact a local humane society or animal control.

Never try to take care of an injured bat yourself, as they may be sick.

Injured bats may need injections of electrolytes and specialized food to survive.

Rather than risk your health, and that of the bat, visit <http://art-smart.ci.manchester.ct.us/easy-bat/easy-bat.html> where you can find instructions on how to make an origami bat!

For a \$35 (US) donation on www.batworld.org, you can help provide food and medical supplies for the bat of your choice. The website features several bats, complete with photos.

Man forced into slavery speaks about his ordeal

By PETR CIHACEK

The day the Arabs slaughtered Francis Bok's people and dragged him into slavery is painfully engraved in his heart.

"I was captured in 1986 when I was seven," says Bok, summoning forth dreadful memories. "My mother asked me to go to the market to sell eggs and peanuts. And then the Arabs swarmed the market. They shot many men and captured women and children. I saw rivers of blood everywhere."

That day, Bok became a slave. That day, he lost his childhood, freedom, family and happiness and his life became a living hell.

It was the darkest day of his life. The 23-year-old man still vividly recalls the militiamen on horses storming through the market near his village of Gourion in southern Sudan like a horde of bloodthirsty beasts. They shot dozens of men and chopped off the heads of others with their large swords. They were merciless. They were worse than death itself. In Bok's memory, there are echoing screams of terror uttered by people from his Dinka tribe running in all directions and then falling dead.

"I'd never seen a dead body before," he said. But that day, he saw far more corpses than he could count.

Although he tried to flee the marketplace, the Arabs caught him and herded him and a group of other children like animals to nearby donkeys. As they cried and screamed for their parents, they were strapped to the pack animals and taken to a slave market in Kiro in northern Sudan, where Bok was given to Giema Abdullah, a man who made his life bitterer than a glass of venom.

"I was sleeping next to the animals. I never had anyone to come and talk to me."

Francis Bok,
victim of slavery

At the tender age of seven, the same age Canadian kids usually get their first Game Boy and join their first softball team, Bok became the property of a cruel master who saw him inferior to his cows, made him labour for long hours, eat rotten meat and sleep outdoors next to the livestock.

All the fear, pain, emptiness and misery Bok had to endure goes beyond any imagination.

The first beating came the very minute he arrived at his master's farm.

"He (Abdullah) welcomed me by calling his children and giving them sticks to beat me," says Bok, his deep voice solemn but firm.

"I was forced to tend goats and cattle. I was sleeping next to the animals. There was nobody to love me. I never had anyone to come and talk to me."

Bok was beaten every day. The

farm animals he had to tend and sleep next to became his only friends.

Every night he stayed up late, staring into the infinite darkness, hoping that one day someone would come to free him.

Nobody came.

As Bok's skin was much darker than that of his Arabic master, Abdullah called him "abeeb, abee," a black slave.

"One day I asked my master why he called me a black slave and why he made me sleep next to the animals," recalls Bok. "He never answered but beat me with a stick. Then, after a few days, he came and asked me, 'Do you want to know why we call you a black slave and make you sleep next to the animals? Because you are an animal.'"

At that point, Bok decided he had to escape.

He tried twice, but because of his tribal scars of the Dinka on his forehead, he was quickly identified as a



runaway slave. He was returned to Abdullah who tortured him so severely that Bok still bears scars on his ankles, chest and hands as a painful reminder of his master's brutality. Abdullah also tied up his skinny hands and legs for 10 agonizing days and warned him that if he tried to flee again he would kill him.

"But I would rather die than to be a slave," says Bok. "When I was 17, I finally escaped."

Dressed like an Arab, he reached the nearby town of Matari where he was enslaved by the Arabic police who did not want a fugitive slave to get away. But, after two months, he escaped from their bondage and eventually reached Karthoum, the country's capital. However, that wasn't the end of his misery. Not at all.

In Karthoum, he was arrested and tortured by the government security who thought he was telling foreigners about slavery in Sudan. He was held in their dismal jail for seven long months.

After he was released, Bok escaped to Cairo, Egypt, where he got UN refugee status. He was resettled in the United States in Fargo, N.D., and after a few months he moved in with a Sudanese family in Ames, Iowa.

That is where the American Anti-Slavery Group, an abolitionist movement from Boston, Mass., found him and asked him to tell his story to raise public awareness on slavery.

But Bok did not want to join the group, partly because, at that time, he did not speak much English and also because the memories of his dreadful ordeal were still too painful.

"It made me cry when I remem-

bered it," he says. "I told them I wasn't willing to talk to them about (my experience)."

But, after a few months, even though he had no intention of joining the group, Bok finally agreed to meet its associate director Jesse Sage.

"We took him to our office where he saw pictures of children who were victims of slavery," said Sage. "And that moved him so much. He remembered what he left behind."

The sad eyes of the children in the pictures did what even months of convincing could not — Bok decided to move to Boston and become a speaker for the group.

Since then, the former slave, who now speaks clear English with just a slight accent, has been giving speeches all over North America. He's appeared on major media outlets, visited places such as the White House and met U.S. president George W. Bush and a number of other prominent people.

Bok has become the voice for all the men, women and children who are silenced by the heavy chains of bondage.

And the number of those unfortunate people is startling.

"There are more slaves today than at any other point in human history," says Jeffrey Hipp, communications officer for the American Anti-Slavery Group. "Twenty-seven million people around the world are forced to work for no pay, under the threat of violence."

Today, you would hardly believe Bok was one of those unfortunate people. Even though he has scars on his body, the intelligent, powerful speaker who stands six feet, seven inches and sports baggy jeans and sneakers doesn't seem to be scarred in soul. According to Hipp, everyone who meets Bok is astounded by his powerful smile and positive views on the world.

"One of the most amazing things about Francis's character is how powerful his spirit of goodness is," says Hipp. "Despite having witnessed horrors most of us can scarcely comprehend, Francis is an amazingly kind, warm and caring person."

To boost the fight for emancipation of the millions of slaves, Bok launched a website www.iabolish.com that you can visit to learn more about slavery and to support the American Anti-Slavery Group.

Last fall, Bok also published his autobiography *Escape from Slavery*, where he describes in horrifying detail the hell he went through while in bondage. The hell that lasted a whole miserable decade.

A portion of the book is dedicated to the time Bok remembers so fondly — his life prior to his enslavement.

"I lived in a privileged family," he recalls. "We had a lot of cows, sheep and goats and my father had a lot of respect from people. I had a pretty comfortable life."

Bok has no hope of being reunited with all of his family members. Most of them were killed in the same massacre in which he lost his freedom.



(Internet photo)

Children are waiting to be sold at a slave market in northern Sudan. North Sudanese Arabic militiamen often venture to the south of the country where they kill men and enslave women and children in bloodthirsty raids.

Victims of slavery are getting little help abolitionist says

By PETR CIHACEK

There are hundreds of thousands of black Africans brutally enslaved by Arabs, and yet they get little or no help from human rights organizations.

That is according to Charles Jacobs, president of the American Anti-Slavery Group.

"The fact is that the human rights community is ignoring black slaves," he says, adding that organizations such as Amnesty International are mostly run by Caucasians who "don't know what to do when evil is done by non-westerners" and think they can only criticize themselves.

"The biggest victims of that are those who are oppressed by non-westerners," he says. "They should go to the streets and scream, 'Arabs have black slaves.'"

No one at the Canadian chapter of Amnesty

International was available for comment and a representative of the American chapter refused to give any information, referring to slavery documents that could be found on the organization's website.

The website, indeed, contains information on Mauritania, a western African country where approximately 100,000 to one million blacks live in bondage, forced to serve their Arab-Berber masters.

Amnesty International has been pressing the Mauritanian government, which officially abolished slavery in 1980, to take practical steps to free all slaves.

However, the organization does not provide any information on slavery in other African countries such as Sudan, where more than 100,000 women and children have been captured and enslaved in bloody Islamic militia raids.

Slavery has been rooted in Africa for centuries. In Sudan and Mauritania, the gruesome practice was born out of racism and skewed Islamic fundamentalism. In other

African countries, bondage stems from traditional beliefs, poverty and other social causes.

But not only the black continent is infested with the plague of slavery. In every corner of the world, millions of people are held as property and their fate is ghastly enough to make the hair stand up on the back of your neck. Victims of slavery often live in horrendous conditions, being tortured or raped on a regular basis and forced to work for long hours every day.

According to the American Anti-Slavery Group reports, debt bondage or sexual slavery is in existence in Argentina, Brazil, Chile, Paraguay and other countries. Each year, thousands of women are being trafficked as sex slaves to the U.S.

Millions of women are also forced to work in brothels across Europe, Australia and Asia.

More people are enslaved in Asia than on any other continent. Millions are trapped in debt bondage throughout Asia, and the continent is plagued with human trafficking. In places such as Burma and China, thousands of people suffer from government-sponsored forced labour.

In total, approximately 27 million people, a number almost comparable to the population of Canada, live in bondage. And the number is on the rise..

"The world needs abolitionists more than ever before," says Jeffrey Hipp, communications officer for the American Anti-Slavery Group. "Over the past couple of years, we've built up an online activist community. We've recently used it to mobilize thousands for action for campaigns targeting slavery in Sudan, the U.S. and Mauritania."

Through various campaigns, the American Anti-Slavery Group says it has helped to free more than 80,000 slaves worldwide since its founding in 1994.

Career Services Events

Summer and Full-Time Employment On-Campus Job Fair

Tuesday, March 23 2004

10:00 a.m. – 2:00 p.m.

E-Wing

Employers registered to date:

Com Peters
Fastenal Canada
Weston Bakeries
Frito-Lay Canada
Student Works Painting
Pollock NationLease

Research in Motion
Excel Care
United Rentals of Canada
Shaw Group
Ontario Ministry of Labour
Canadian Forces

Important Information

- Obtain the access code from Career Services to register as a student or grad on www.workopoliscampus.com.
- Fill out the registration page on www.workopoliscampus.com and ensure that you check the box that allows Career Services to send you updates.
- Check the on-line “Campus Bulletin Board” for additional employer registrations.
- Obtain an “Employer Information Booklet” from Career Services, one week prior to the on campus Job Fair.

Looking for a Job this Summer?



Visit CAREER SERVICES

- JOB POSTINGS
- RÉSUMÉ & COVER LETTER ASSISTANCE
- MOCK INTERVIEWS

Here's a sample of some of the jobs currently posted!

Paramount Canada's Wonderland – Summer Staff; Toronto

Conestoga College – Bookstore Clerk; Kitchener

Huronia Historical Parks – Summer Staff; Midland

City of Burlington – Summer Staff; Burlington

City of Kitchener – Summer Staff; Kitchener

Severn Lodge – Summer Staff; Port Severn

City of Cambridge – Summer Staff; Cambridge

City of Waterloo – Summer Staff; Waterloo

Gateman Milloy – Summer Staff; Kitchener

City of Cambridge – Patrollers; Cambridge

J.Steckle Heritage Homestead – Environmental Educator; Kitchener

Laggan's Mountain Bakery – Summer; Lake Louise

J. Steckle Heritage Homestead – Agricultural Educator; Kitchener

Conestoga College – Physical Resources; Kitchener

Camp Arowhon – Camp Staff; Algonquin Park

Onward – Events Team; Waterloo

Drop by Career Services for information on obtaining the access code to search for these jobs and others! Call 748-5220 x3756 or x3340; or visit room 220 – Student Client Services Building (upstairs from the Registrar's Office)

The cure for depression doesn't come from a bottle

By JENNIFER ORMSTON

Drowning your sorrows in a double vodka and soda on a regular basis may be an indication you have a serious mental illness.

Increasingly, college students who are suffering from depression are turning to drugs and alcohol to make themselves feel better.

However, many of these people are oblivious to the fact they have a problem. Instead, they think they are just taking part in the partying lifestyle often associated with going away to college.

The problem often starts with people feeling depressed who, instead of seeking professional help to deal with their problems, turn to alcohol, according to Trish Weiler, Conestoga College's on-campus nurse.

"This can turn into a vicious cycle and may lead to a long-term addiction."

The cyclical nature of using alcohol and drugs to relieve depression has devastating consequences because people only feel better for a short time. Then drinking becomes part of their life, according to the alcohol and depression website, www.rcpsych.ac.uk.

"I think as a community we need to work together to eliminate the stigmas attached to mental illness..."

Trish Weiler,

Conestoga on-campus nurse

"Alcohol is like other drugs acting on the brain, such as tranquilizers; it produces tolerance so we need a larger and larger dose to get the desired effect. In consequence, the drinker finds that he or she can take larger quantities but feel very little benefit."

Once drinkers build up their tolerance to a high level, their habit turns into a dependency.

With drug abuse, the consequences can also be severe.

There is research that indicates the use of even a small amount of

specific hard-core drugs can lead to ongoing adult depression in someone who is predisposed with the mental illness, said Weiler.

"Overall, the issue is really people attempt to help themselves, which compounds the problem of depression with drugs and alcohol."

So why aren't more students coming forward and admitting they are drinking or using drugs to deal with their depression?

Some people don't realize they have a problem, said Weiler. Instead, they rationalize their drinking and drug use is typical of youth behaviour.

Another factor preventing students from seeking help may be the stigmas often associated with mental health illnesses.

"I think as a community we need to work together to eliminate the stigmas attached to mental illnesses so people can get the help they need," she said.

Students should know depression is nothing to be ashamed of. In fact, heredity may be to blame in some cases.

Research indicates males who have a history of depression on their paternal side may have a genetic tendency towards the illness, according to Weiler.

In other cases, many people who suffer from depression, combined with alcohol and drug abuse, have had some sort of trauma in their past; these people's addictions resulted because of the coping mechanisms they chose to take.

Drugs and alcohol are not the only addictive substances people suffering from depression may succumb to.

Studies have found a correlation between depression and smoking cigarettes, according to researchers at the University of Alberta.

Depression can be treated, but often it requires a multidisciplinary approach involving a combination of a counsellor, doctor and sometimes medication, according to Weiler.

The college offers professional help for students who think they may be suffering from depression. They can either go to the health services office, or to Student Services to meet with a counsellor.



(Photo by Jennifer Ormston)

Many students suffering from depression are turning to alcohol and drugs. If you know someone who this is happening to, encourage them to seek help.

COUNSELLOR'S CORNER: Stress and Stress Management Part 2: Coping with Stress

In part 1, we discussed that stress is the continual change that we all face in our everyday lives, and that we respond to these changes in different ways physically, emotionally and mentally.

♦ A goal is not to eliminate stress but to learn how to manage it, even use it to help us. Raise your awareness of your stressors and your reactions to them. Don't ignore your problems.

If you failed the first test of a course, decide what you can do to increase your chance of success next time.

♦ What can you change? Can you avoid or eliminate the stressors?

Are you working too many hours? Is this interfering with your educational goals?

♦ Can you reduce the intensity of your reaction to stress? Are you making a difficult situation a disaster?

The presentation is only 5 minutes in length and worth 5% of your grade.

♦ Can you take better care of yourself, building your physical and emotional well-being? Exercise, sleep, nutritional eating and watching what you smoke and drink all add to your physical health.

Cut one cup of coffee from your morning routine.

Having mutually-supportive friendships, setting realistic rather than perfectionistic goals and being good to yourself all contribute to managing stress.

For further assistance, talk to a counsellor in Student Services.

A Message from Student Services



(Internet photo)

VHS is slowly being filtered out

By JASON NOE

The trusty VHS tape is seeing itself become an increasingly extinct item on video and retail store shelves.

It was not too long ago when the VHS format had replaced the aging Beta design, but history is repeating itself with the current popularity of DVDs. As the prices of DVD players have significantly dropped since they were first introduced, more and more consumers have decided to embrace the technology, rather than purchase a new VCR.

Stores are now filled with DVD players, leaving only a few spaces for the remaining VCRs that are still for sale. Even franchises like Shoppers Drug Mart, Zehrs Markets and Home Hardware are offering reasonably priced DVD players.

Also, for those not yet ready to do away with their tapes, electronic companies have even combined VHS and DVD players into one compact design.

"DVD players are often free with a new TV," said John Waddell of Toronto-based Video Flicks. "More people buy DVDs over VHS, except for children's movies."

Video Flicks is currently ordering three times the number of DVDs into the store, compared to VHS. On April 1, the company will cease renting VHS to shoppers and only offer movies on DVD, simply because tapes are rapidly decreasing in sales and are available to retailers at cheaper prices.

"VHS sales had declined by 50 per cent over Christmas," said Waddell.

He also said the holiday season is typically when people buy new players for their movies.

But on the downside, smaller stores like Video Flicks are facing tough competition from retail giants such as Wal-Mart, Costco, Best Buy and Future Shop.

"There is a lower profit margin on DVDs," Waddell said.

This past Boxing Day, Best Buy was offering the hit film *Finding Nemo* for under \$10. Shoppers lined up before the store even opened to purchase the DVD and a number of other items that were reduced in price.

At the same time, music giant HMV was selling VHS tapes for as low as \$4.99 trying to get rid of

their overstocked movies. But as cheap as some tapes are, they do not have the same quality as the surging DVD.

"Once you watch DVDs it is very difficult to go back to VHS," said Waddell. "The quality of the tapes is much poorer."

Hollywood studios can produce DVDs at a faster pace, compared to VHS tapes, which are duplicated in a recording farm. The studios are also loading films on DVDs with many special features and bonus scenes, simply because they can put more on a single disc than on a tape.

Now a two-hour movie may have hours of bonus footage and viewers have a choice of watching a film with or without commentary from the director or actors involved in the production. Both factors are attracting people to the format.

"If treated well, DVDs should hypothetically last a lifetime, but VHS degrades a little every time you watch it and even when you are not watching it," said Christopher Beckett, manager of Waterloo-based Generation-X Video and Media.

The demand for tapes is down in his store and Beckett believes there is little interest from consumers in buying VHS anymore.

"It was an out-of-date format even before it caught on," he said.

Beckett believes VHS never fully took off as a sales item where DVDs have. They are also cheaper to bring into his store to rent, unlike movies on video cassettes.

"Even though VHS rentals have plummeted, most of the studios have not adjusted their new release VHS pricing accordingly," he said. "This means many titles will cost a non-chain store like us anywhere from \$70 to \$100. This is compared to a DVD, which costs \$20 to \$30 and usually rents five or six times better than the VHS."

Studios are now re-releasing movies on DVD that could only previously be found on VHS formats and Beckett believes this is also why they are becoming so popular among consumers.

"Because the format has taken off with collectors, the studios are opening up their vaults and releasing stuff that has long been unavailable on VHS, if it ever was."



(Photo by Jason Noe)



(Photo by Jason Noe)

DVD sales are increasing while VHS sales continue to decline. Some studios are even discontinuing their entire catalogue of VHS films but re-releasing movies on DVD that could previously only be found on VHS.

Beckett said. "Because DVD collectors are so fussy about quality, the studios in many cases are forced to strike new prints and take care of the original film elements. So from a film preservation viewpoint, it's a godsend."

Beckett's store will continue getting in VHS tapes, but for how long depends on the customer's demand and how long studios keep producing them. Beckett said many major studios have started to quietly dis-

continue their entire VHS catalogue.

But how popular will DVDs be in the future, as technology continues to evolve?

Beckett estimates high-definition television will make its presence felt on the market and a new format will arrive to take full advantage of that.

"High-definition DVD most likely," he said. "The current DVD technology won't look as bad then as VHS does now, but the differ-

ence will be pronounced."

The entire cycle of replacing an entire entertainment system may also take place again, although it will be interesting to see if consumers will be so quick to embrace it as they have with today's DVDs.

"My advice is to enjoy DVD while it's here, but you may want to think twice about accumulating a collection that fills a room of your house," said Beckett.

King not the ruler of this Kingdom

By HALLEY MCPOLIN

In 1994, Danish film-maker Lars Von Trier (*Dancer in the Dark*, *The Idiots*) created a miniseries that combined elements of his past work and director David Lynch's *Twin Peaks*. The result was a black comedy/B-quality horror called *Riget* ... or, as it is more commonly known as, *The Kingdom*. Now the American king of horror is taking his best stab at the series.

Stephen King's *Kingdom Hospital*, which premiered March 3 on ABC, is a remake of the unfinished Danish series. The haunted *Kingdom Hospital* is apparently built over an ancient gravesite

(already bristling with originality) that is creating a bedpan full of supernatural problems for staff and patients. Somehow the doctors have managed to dismiss any suggestions of paranormal activity up until now, when the signs become more and more apparent.

Peter Rickman (Jack Coleman) is an unfortunate artist who falls victim to a hit-and-run while jogging down an otherwise vacant back road. Before he descends into a coma he sees visions of a ghostly little girl accompanied by a talking anteater, later leading to a state of enhanced consciousness ... or what I like to call SPAS: Sudden Psychic Ability Syndrome. Rickman must

now use his newly acquired powers to communicate with the restless spirits and, with the help of some other offbeat characters, attempt to rid the hospital of its deeply ingrained malevolence.

Andrew McCarthy (*Weekend at Bernie's*) plays the overly-eccentric Dr. Hook (believe it or not, that name is pulled from the original series) who sits stereotypically on the border between genius and nutbar. Bruce Davison (*X-men*, *Runaway Jury*) is the main antagonist in the series, while Ed Begley Jr. (*Six Feet Under*, *Batman Forever*) is the harmless, image-obsessed Dr. Jesse James (where they came up with that one, I'll

never know).

The two-hour series premier began like an episode of *Outer Limits*, cheesy narration and all, then quickly tumbled downhill. It was interesting to see the mutual influences of Trier and King — for example, as the injured Rickman lay helpless on the side of the road we hear him talking in his head, followed by some animals doing the same — but it just isn't enough. Like many of King's movies, the music seems out of place on several occasions, which can completely distort an atmosphere of tension into something much sillier than intended. Also, the makeup adorning the little ghost girl was ridicu-

lously overdone ... this could be intentional, but once again, "creepy" gives way to "dopey" rather quickly as a result.

On a side note, one major aspect of the original series has been seemingly left out: the giant baby. Although this was nothing more than an experiment in strange for Trier, it did add something eerie that will be lost in *Kingdom Hospital*. One has to wonder how far King will be able to carry this series, which was left unfinished in Denmark due to a failed second season and a couple actors' deaths. It seems only a matter of time before the *Kingdom* is finally laid to rest.

Entertainment

New book brings history to life

By JASON MIDDLETON

A former Conestoga journalism student has an amazing story to tell.

Although 37-year-old Nate Hendley did not graduate from the college, he has become an accomplished writer.

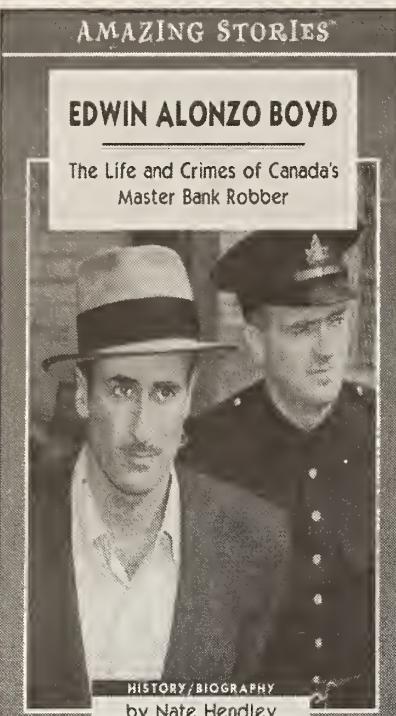
Hendley released his first book in November entitled *Edwin Alonzo Boyd: The Life and Crimes of Canada's Master Bank Robber*.

The book tells the story of Edwin Boyd, Toronto's dashing "Gentleman Bank Robber" who masterminded a series of daring robberies in the 1950s. Boyd, the most famous bank robber in Canadian history, was responsible for a three-year crime spree that caught the public's imagination and made him an instant celebrity.

Altitude Publishing, an Alberta company who created a series of books about historic Canadian figures entitled *Amazing Stories*, published the book.

After seeing a CBC documentary on the famous bank robber Hendley thought it would be an interesting story to tell.

"I had sort of been aware of who he was and it just occurred to me this



A former Conestoga College student recently published the book *Edwin Alonzo Boyd: The Life and Crimes of Canada's Master Bank Robber*.

would make a very interesting story because he's one of the only famous bank robbers in Canada," Hendley said in a recent telephone interview.

Releasing the book is one of Hendley's best experiences as a writer.

"That was just a real milestone because I've wanted to get a book published for a long time."

As a freelance reporter Hendley has had 120 articles published in the National Post, worked for Toronto's alternative press, Eye Magazine, and has written for various trade magazines.

The Toronto author has already written his second Amazing Stories book on the notorious Black Donnelly family, which is to be released this spring.

With more than 400,000 copies of the 15 Amazing Stories in print, Altitude assistant publisher Kara Turner is singing the praises of the Canadian short novels. Most of them have had to be reprinted because the first set sold out.

Another 80 books are in the works. Subjects range from native chiefs, the Halifax explosion, unsung heroes of the Second World War and ghost towns of Canada.

"They're aimed at everybody, but they have been really popular with high school students who find a lot of Canadian history boring the way it's taught in school," said Turner.

Guinness Party of Canada wants to party

By JAMES CLARK

For the second year in a row Canadians can enjoy the taste of Guinness beer on St. Patrick's Day as a member of the political party formed by the world famous beer company.

The party was officially launched in January 2003. Their platform, as stated on their website, revolves around community, conviction and good times.

The party is most famous for their drive to make St. Patrick's Day a national holiday. There is currently a poll on the party's website, www.guinnessvote.ca, asking members to vote on the issue. At last check 104,638 were in favour of the holiday and 3,758 were against it. The numbers are rising daily.

All of this may sound like a bit of

a joke, but the formation and marketing of the party has led to a Toronto public relations firm being awarded international awards from the International Public Relations Association.

In October 2003, Strategic Objectives won a Golden World Award for marketing an existing product and another award for creativity in public relations. Only 33 companies in the entire world were honoured last year.

It's not only inter-

national organizations taking note of the new party. More than 100,000 Canadians have filled out the form on the website to become a member. The party has also been gaining support by making tours of bars all across Canada.

During these tours they have asked for nominations for the Minister of Good Times. According to the website, the minister will be looking after what 18 per cent of party members think is most important, good times. Local leaders have also been selected in major Canadian cities. The person chosen as leader for his or her city was given a trip to Montreal to attend St. Patrick's Day celebrations.

Guinness beer was first brewed in Dublin, Ireland in 1759. Today it is brewed in 50 countries and is available at pubs in 150 countries.



May the luck of the Irish be with you

By LESLEY LEACHMAN

Wear green apparel, speak of lucky leprechauns, kiss the blarney stone and raise your pint of green beer in honour of St. Patrick's Day.

On March 17, we celebrate the life and accomplishments of St. Patrick, who came to Ireland in 432 AD.

Originally from Roman Britain, St. Patrick was captured by raiders and sold into slavery at the age of 16. For six years he worked in harsh conditions as a shepherd in the Irish countryside. During this ordeal he turned to God for solace.

In his early 20s, he managed to escape his bonds and flee from his master. He fled to Gaul (now France) where he studied in a monastery under St. Germain.

According to [nel.com](http://www.historychan-</p>
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nel.com, it was here that St. Patrick began to believe it was his duty to return to Ireland and spread the word of God.

Legend says his charismatic personality and strong will helped him turn pagans to Christian believers.

Throughout his life, St. Patrick travelled through Ireland establishing monasteries and churches for people to worship.

His most renowned method of teaching was using a shamrock to explain the Trinity (the father, son and Holy Spirit) to his congregation. Most pagans could not understand how one being could be three things. St. Patrick used the three-leafed shamrock to demonstrate that, although it had three parts, they were united as one object.

This is how the shamrock became the main icon of St. Patrick's Day.

St. Patrick quickly became a hero to the Irish, known as the man who drove paganism out of Ireland. He continued his religious mission until his death on March 17, 461 AD.

Today, he is the patron saint of Ireland, with 60 churches and cathedrals named after him. The most famous being the St. Patrick Cathedral in Dublin, marking the same place where he baptized his followers.

Thousands of people worldwide take part in the St. Patrick's Day celebrations, holding parades, wearing green, sporting shamrocks and drinking green beer.

During these festivities, it's not uncommon to hear the old Irish blessing: "May your blessings outnumber the shamrocks that grow and may trouble avoid you wherever you go!"

Horoscope

Week of March 14 - 20

Happy Birthday!

Libra
September 23 - October 22

Problems are arising on the home front. So before your week can kick into high gear, you'll have to work out some issue with the family. Talk it out - it's probably just a misunderstanding.

Aries
March 21 - April 19Scorpio
October 23 - November 21

This week will unfold just like your favourite Seinfeld episode: lots of laughs, goofy misunderstandings, some cool characters and an embarrassing problem that seems to work itself out in the end.

Taurus
April 20 - May 20Sagittarius
November 22 - December 21

The lines of communication are vital this week. Make sure your voice is heard at all times. You will be the superhero of conversations. You'll gain attention with your use of facts and laughs.

Gemini
May 21 - June 21Capricorn
December 22 - January 19

Hey there! Ever think about getting out of your routine and maybe trying something different? The old way just isn't working for you anymore. Be someone else this week - pick a part that's new.

Cancer
June 22 - July 22Aquarius
January 20 - February 18

This week you look good, sound good and who knows, you probably even smell good. There's nothing you can't do and no one who can resist your persuasive charm. Leave your ego at the door though.

Leo
July 23 - August 22Pisces
February 19 - March 20

You're like wise old Jedi this week - spouting your knowledge in unconventional ways. People want to drown in your clever insight. Interpret dreams, make predictions and tell the truth.

Virgo
August 23 - September 22

Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.

Try something new this week: offer up some more constructive criticism. Put your perfectionist brain to work by helping to improve your friend's thinking.

Gonchar versus Leetch



Nick
Horton
Opinion

He is Sergei Gonchar, the heavily shopped, high-priced defenceman formally of the Washington Capitals.

After much speculation, the 6 foot 2 native of Russia is bringing his scoring touch to bean town.

The Leafs were in the running for Gonchar, but couldn't close a deal and he was shipped to Boston.

Almost immediately, the Leafs replied by snagging New York Ranger defenceman Brian Leetch. Leaf fans are rejoicing, while Ranger fans are so astonished they are walking around with paper bags over their heads and cursing GM Glen Sather.

Leetch has never played for another team in his NHL career. For 17 years, Madison Square Garden has been his home rink, his shrine if you will. And now the aging 36-year-old leaves the Big Apple, shaken and disillusioned.

Gonchar is currently at the tail end of a \$3.65-million contract. Up for arbitration this summer and being only 30 years old, there is potential for Boston to become Gonchar's permanent home.

He was a first round draft pick (14th overall) by the Capitals in 1994. Minus his first season, in which he only played 31 games, Gonchar has been far from disappointing with 418 points in 656 games.

But who will benefit their team the most? Well, better Leetch in

Toronto than Gonchar. Gonchar wasn't what the Leafs needed, whereas Leetch fits the mould nicely, which makes one wonder why the Leafs were after Gonchar to begin with. Gonchar isn't a defensive defenceman per se; his weapon of choice is the powerplay. Sneaking up on plays and shrugging off defensive duty mirrors his shockingly low plus/minus.

Although, Gonchar, the leading defensive point monger in the NHL, will boost Boston's 14th-ranked powerplay and add another legitimate scoring threat in Boston.

On the Leafs, Gonchar would have been a liability on an already suspicious blue line. Leetch is a seasoned veteran and is the full package. He has the knowledge, skill and experience that will benefit the Leafs and their defensive core. But Leetch won't do for the Leafs what Gonchar will for Boston. Boston needs Gonchar. His offensive prowess and powerplay capability gives Boston another dimension. Boston may not go far in the playoffs, but Gonchar will benefit Boston more than Leetch will Toronto.

Leetch brings to the table what the Leafs already have, leadership, knowledge, experience. They took this road last year picking up veterans Doug Gilmour, Phil Housley and Owen Nolan at the deadline. Two of the three went down with injuries and the third has yet to pay off. Raiding old age homes and signing players who have already jumped the shark doesn't work in Toronto. It didn't work last year, it won't work this year. Gonchar will thrive and become a staple in Boston. Leetch will retire a Leaf, with the memory of winning the Stanley Cup as a Ranger.



(Internet photo)
Sergei Gonchar, the sniper.

Which trade deadline deal benefits their respective team the most?



(Internet photo)
Brian Leetch, the veteran.

Brian Leetch is the right man for the job in Toronto.

Sergei Gonchar was not the right fit.

The Toronto Maple Leafs are built on veteran players with Stanley Cup experience. Players like Ed Belfour, Joe Nieuwendyk and Gary Roberts who have won Cups before, as well as Conn Smythe Trophies. Not to mention skilled veterans up front like Captain Mats Sundin and Alexander Mogilny.

But none of this veteran leadership is on the blue-line. Bryan McCabe is having one heck of a year, as he sits tied for second in defencemen scoring with 44 points and is plus 12. Tomas Kaberle has a decent 28 points and a plus 13 rating.

But these guys don't bring a Stanley Cup and Conn Smythe Trophy to the table like Brian Leetch.

Nor does Gonchar.

Along with all the leadership and trophies packed in Leetch's bag comes 39 points and a minus four rating, playing for a horrible New York Ranger team. Leetch has four points and is minus two in two games with Toronto.

He is a smooth-skating defender who can make the first pass out of the zone with ease. And the addition to the already talented Leaf powerplay will only help through the playoffs.

Leetch played close to 30 minutes a game in New York, and his ability to eat up minutes will hide the lack of depth in Toronto's fifth and sixth defenceman. The top four guys, Leetch, McCabe, Kaberle and Ken Klee can all play nearly 30 minutes a night, and head coach Pat Quinn will not have to rely on the likes of Karel Pilar, Drake Berehousky and Brian Marchment, who seems to



James
Doyle
Opinion

have fallen out of favour after missing the last four games and being a healthy scratch Feb. 16 and 17.

Leetch is also a smart defensive-zone player. His positioning is near perfect and he can use his stick to break up passes. Add that to the stickhandling abilities of Belfour and the Leafs can turn up the ice quickly.

But perhaps most appealing about Leetch was the price tag at which the Leafs got him. According to most reports, the Washington Capitals, Gonchar's peddlers, wanted a player off the current roster, a prospect and a pick. Nik Antropov and Carlo Colaiacovo were rumoured to be heading south, along with a first round pick.

The Leafs did give up their first-round pick, which will be a late pick in a weak draft year. They did not lose anyone from their current roster and were able to hang on to Colaiacovo. Toronto only lost two mid-level prospects in Maxim Kondratiev and Jarko Immonen to acquire one of the best ever.

The Leafs know that it is now or never, so the future does not matter. Leetch is a win now player the same as Ray Bourque was when Colorado picked him up. They went on to win a Cup in 2000.

Gonchar does bring offence, and a lot of it, to the table. But he is also more likely to pinch and get caught, giving up an odd-man rush against.

And the asking price was just too high.

WrestleMania XX a historic night

By JASON SMITH

On March 14, millions of people around the world tuned in to take part in the biggest and most special night in the history of sports-entertainment.

It's pro wrestling's version of the World Series, Stanley Cup Finals, NBA Championship and Superbowl all in one. And it makes for one hell of a night.

WrestleMania XX was live from the planet's most popular wrestling arena, Madison Square Garden in New York and whether you love it or hate it, the fact is, it's the most popular brand of entertainment in the world.

As millions of dedicated fans from Victoria, B.C. to Sydney, Australia sat around their television screens, biting their nails, screaming out loud and becoming subdued by interesting storylines and one-of-a-kind athletes, 20 years of memories emerged to find themselves on the biggest stage of all in the middle of the WWE squared circle.

Growing up, most people - especially young men - find themselves

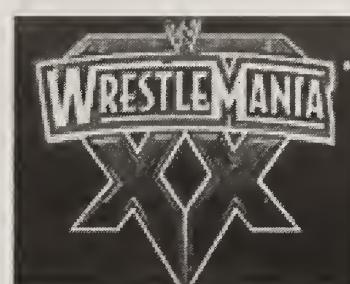
caught up in the drama, violence and hype of professional wrestling. Many fans grow out of the stage, but for others, it becomes like a religion, an obsession and a way of life.

Some fans call it magic. And if that's what it is, then magic was definitely in the air when the WWE's greatest superstars took to the stage in what they call "the grand-daddy of them all."

However, this year's show wasn't just an ordinary WrestleMania. It was the 20th anniversary of the event that has become synonymous with the word "wrestling."

Vince McMahon's brainchild had made it through some very troubled times and succeeded like no empire before or after it.

As the likes of Chris Benoit, Ric Flair, The Undertaker, Shawn Michaels, Triple H, Chris Jericho, Eddie Guerrero, Kurt Angle, Mick Foley, The Rock, Steve Austin and Brock Lesnar stood at the forefront of the promotion, WrestleMania XX was not just about them or the fans celebrating with them. It was about everyone who had come before them.



The wrestling industry and wrestling fans alike celebrated 20 amazing years of memories.

WrestleMania XX celebrated the success of World Wrestling Entertainment and the men and women who have made the business what it is today. From Vince McMahon Sr. (Vince Jr.'s father, former owner of the WWE), Hulk Hogan, Roddy Piper, Paul Orndorff and Randy Savage to Bret Hart, Mr. Perfect, Razor Ramon and Diesel to today's crop of superstars. WrestleMania XX was a way to say "thank you" and "you ain't seen nothin' yet!"

March 14 was a night to celebrate and appreciate everyone who has had a hand in making the industry successful. It was also a night to

remember those in the business whose lives have been lost. Men like Owen Hart, Stu Hart, The British Bulldog "Davey Boy" Smith, "Mr. Perfect" Curt Hennig, Crash Holly, Road Warrior Hawk, Hercules Hernandez and many more who have all died just within the last couple of years.

On the other hand, many people around the world simply don't buy into the hype that is known as professional wrestling.

And with the many low blows aimed at the "sport" through the years, you don't have to wonder why.

Vince McMahon himself has been on trial for allegedly supplying his employees with steroids, many children have been hurt trying to mock their idols on television, the WWE had to undergo a name change because the World Wildlife Foundation didn't want to be thought of in the same breath as the promotion (which was also formerly known as the WWF) and McMahon also went on record by telling the world that professional wrestling was indeed scripted and was "not real."

But for wrestling fans, all of that is fine. They see through it all and are aware of how hard every pro wrestler works simply to entertain them. And at WrestleMania, the fans too, were there to pay tribute to their heroes and friends.

Wrestling is a funny business. It's very personal and fans interact with the athletes constantly. With that in mind, most fans are supportive and emotional about the sport. But lots of people despise everything about it.

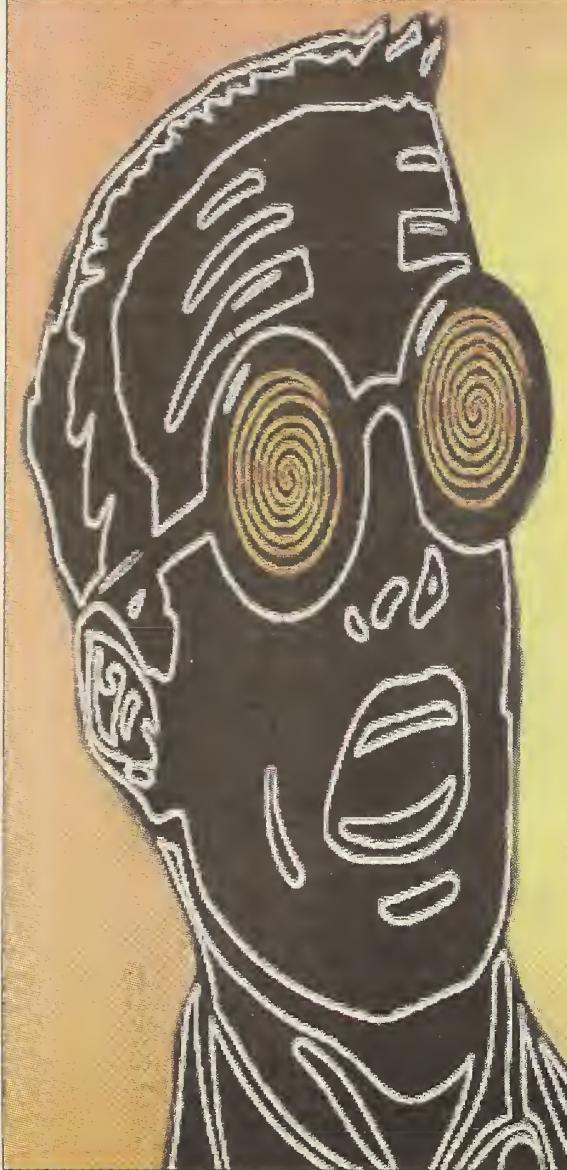
For those who don't believe, no explanation is good enough. But for those who do believe, no explanation is needed.

It's truly a one-of-a-kind industry. And for those who do believe, they look forward to the next 20 years and reminisce on the magic that is known as World Wrestling Entertainment.

As avid followers, most fans agree with the statement of "Stone Cold" Steve Austin when asked "why wrestling?"

"Simply put, it's like a drug. Do it once and you're hooked. You're a junkie."

Amen.



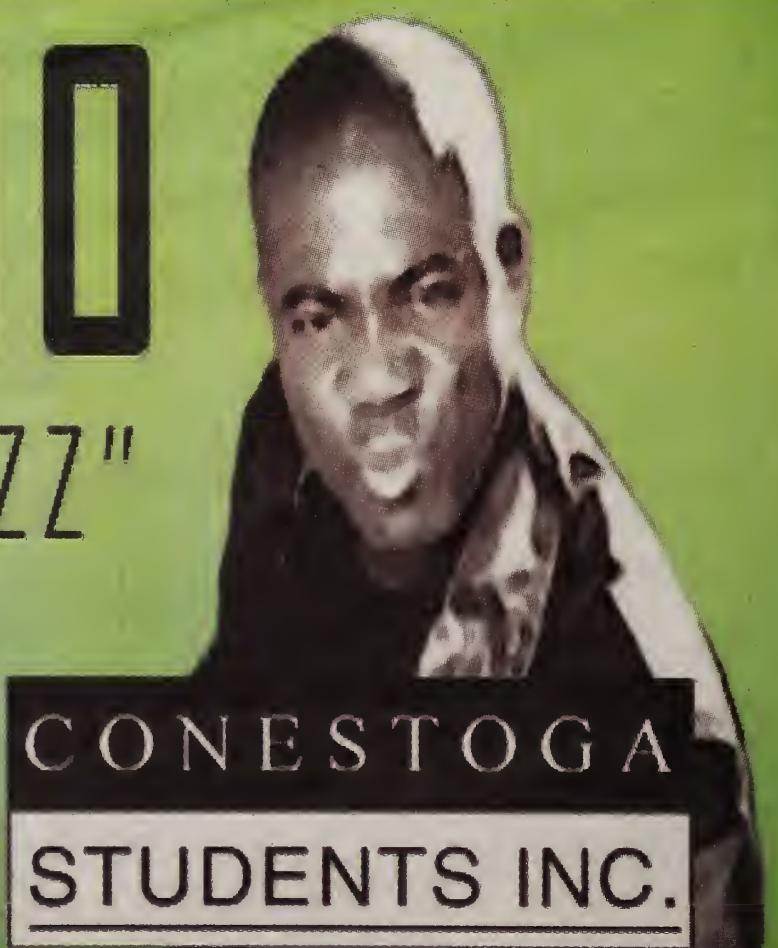
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